WATER BATH CANNING AND PRESERVING

1000

1000 Days Quick & Easy Recipes to Water Bath & Pressure Canning. Safely Preserve Meat, Vegetables, Sauces, Low-Sugar Jams, and much more

Rosanne McClure

Water Bath Canning and Preserving Cookbook for Beginners

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by Rosanne McClure

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Introduction

It is said that cooking food is an art, and you pour all your love into the effort you put into cooking. The food that tastes great touches the heart through the tongue's taste. And it is justified to preserve such food and effort for your loved ones for a longer time. That is where canning and preserving the food enters the game.

Cooking is not just meant to keep for yourself. A well-cooked food is meant to reach everyone by canning and preservation. Even you can treat yourself to delicious food for long through rightly preserved food. And canning methods and preserving techniques tend to your need of preserving food. You can even preserve freshly picked vegetables and fruits using precise recipes.

There is no limit to the types of food you can preserve, whether cooked or uncooked. You can save the food for later use with the apt use of spices, preservatives, and well-directed recipes. With an unlimited variety of food come numerous methods of keeping them safe.

You can either store them in jars by canning or simply preserve them with special recipes for preserving. Even canning needs you to experiment with different recipes and techniques to keep the food good to eat for long.

Though the recipes and techniques have been practiced for years, the effort and your remarkable variety can make them taste unique. If you are a cooking enthusiast, canning and preserving techniques are a must for you.

Learn them and practice using your varieties to make good use of your food cooked with effort. Just like something loved is kept safe, cooking lovers find canning and preserving techniques safe for their food.

The methods of canning and preserving are aplenty. And each method gives a unique taste to the food. It is on you to choose whichever way you deem fit. Take pressure canning or water bathing, dehydrating, or fermenting, or smoking; the preserved and canned food will not disappoint you.

This book will teach you all you need to know if you are just beginning at canning and preserving techniques. You must learn along with the guidelines we mention here. Learn these recipes, follow them, and be good as a seasoned cook who knows how to preserve the food.

Chapter 1: - What Is Canning and Preserving?

Canning and preserving are terms that are often interchanged with one another. Basically, both refer to techniques that involve putting food in containers for longer shelf life. Canning is a preservation technique that involves heating food to a high temperature to attenuate harmful microorganisms that cause the food to spoil as well as health problems to people. During the canning method, the food inside the container is heated at extremely high temperatures that result in air being driven out from the can thereby creating a vacuum seal as the container cools. The absence of air improves the shelf-life of food and prevents it from being re-contaminated by microorganisms.

Chapter 2: - The Benefits of Canning and Preserving?

Canning your food has a lot of benefits. Aside from enhancing the shelf life of your food, there are also many advantages to preserving your food using this technique. Below are the benefits of why you need to can your own food:

- **A fully stocked pantry:** When you can your own food, you also make sure that your pantry is stocked full of food. Having a pantry will a lot of canned foods provide a cushion against the fluctuating cost and supply of foods. As opposed to purchasing speciality foods from gourmet shops, you may also enjoy them and fill your pantry with them without having to spend a lot of money.
- **You know what goes into your food:** Canning and preserving food is a fantastic choice if you want to have control over what goes into your meals. Unfortunately, many commercial canned foods contain artificial preservatives and other ingredients that you may not approve of.
- **Convenient:** Having your own stock of canned foods is very convenient. You don't need to go out to buy your food. And during this new normal situation when people are discouraged from going to crowded places such as the grocery stores, having your own food provides health security for the family.
- **Save money:** Food is one of the essential items that people need for survival. Economic problems, political unrest, and pandemics do not only drive food prices up but also diminishes its supply. Canning and preserving your own food will save you tons of money.
- **A fulfilling activity:** Making your own food can be a rewarding endeavor. This exercise may be worthwhile for you if you know that you are taking a sustainable action. To make this pastime even more satisfying, enlist the assistance of your family.

Chapter 3: -Canning Process

The previously selected food reaches the packing plant. All foods that are canned necessarily pass physical-chemical and sensory quality control before entering the process. This means, "Only the best products are canned." These foods subjected to a washing process and then peel, cut and sliced, discarding the inedible parts. Immediately afterward, some foods (such as casseroles) are cook just long enough to neutralize the enzymes that could break down the foods. To preserve their flavor and color, others like fruits and vegetables go directly to step five. Food is placed in the cans and sealed to submit them to the thermal sterilization process. The degrees of temperature and the processing times depend on the food and are a function of the high or low acid variables of the product. Finally, the cans are label and stack to be distributed.

Water Bath Canning

Water bath canning is the method of placing food in a water canner, followed by boiling. For this canning process, high-acid food is ideal because most bacteria in such foods can be easily killed by boiling. In this canning method, the required temperature is 100 degrees Celsius and must be maintained throughout the processing period. You must obey the appropriate temperature, or all your energy will be a waste in water bath canning foods. Fruits, sweets, fruit jellies, pickles, preserves, butter, marmalades, acidified tomatoes, and figs are perfect for water bath canning. Choosing the right and new fruit is one consideration in canning foods. Fresh fruits affect your preserved food quality. Until loading into canning pots, fruits must be pre-cooked first. This called the hot pack method, whereas raw or uncooked fruit and vegetables called the cold pack method. Not all vegetables such as tomatoes and figs can be processed in bath-canned water. First, you must put these vegetables in commercial acid before you can bath them. Water bath canning can easily do at home for improvised, simple and cheap equipment in water bath canning. This method is not true because all procedures are easy to follow. Listed below are these simple basic steps to understand this method:

Gather only fresh, with no blemish’s fruits.
Wash, dry and sterilize tools and types of equipment.
Prepare all ingredients, cut, peeled and pre-cooked.
Before sealing, fill canning jars with food, making sure there are no air bubbles.
boiling-over process for canning jars in a water bath at 100 degrees Celsius.
after being boiled, canning jars need to be cooled for 12 to 24 hours.
Before keeping them in a cool, dark, and dry location, check the canning jars' seals.
Labeling jars with details like as content and dates to detect deterioration.

Water bath canning is a good way to preserve food at home because there are no complex steps to follow and easy to recall tips and

instructions for preserving food. The equipment is mostly used to buy it in your kitchen. That is why it is considered the cheapest process of canning foods.

Pressure canning

Pressure canning processes low-acid foods at 240 degrees Fahrenheit temperature. In this process, microorganisms in your food prevented from staying in your food. These microorganisms like bacteria, fungi, enzymes, and molds are the ones that spoil food. Some microbes cannot be killed by boiling; high pressure is required to destroy these microbes. This method said to be an expensive method to provide a pressure canner in this method. Buying pressure canners is okay because it really guarantees safety in low acid canned foods. All equipment and parts must be in good condition in pressure canning. They are still checked, like gauges and gaskets. Strictly applied, the following precautions in this system can cause accidents like burns. First, gather all basic needs in pressure canning. Use special lid-and-band canning jars. Applying canning basics and guidelines such as proper sealing, proper headspace, and removing air bubbles using rubber spatulas and proper storage in cool, dark, and dry spaces are all important. All these guidelines are for food safety and high-quality foods. Preserved food labeling is required for details of your preserved food.

Tools For Canning and Preserving

There are several tools that are necessary to canning. Many of them are unique to this form of cooking so you may need to invest in a few new kitchen supplies. However, almost everything in canning is reusable. From the pot you cook the jars into the jars themselves, so much can be used time and time again, making your investment well worth the money. Choose quality products to ensure that they last you a lifetime of canning.

Jars

There are many sizes and brands of glass canning jars out there. From those with a smaller opening to wide mouth jars, quarts to pints, you can find them all! You always want to start your canning project with clean jars; however, glass jars can be reused again and again so save them after you use the contents. Make sure each jar is free of cracks or chips as this can interfere with the canning process.

Lids and Rings

Canning lids are one of the few things that you cannot reuse; they should only be used one time and then discarded. The metal lid has a rubber ring on it that is responsible for making an airtight seal, keeping the food safely preserved. Using the lid more than once can damage the rubber and make the seal more penetrable, making the food more susceptible to bacteria.

Metal rings, however, can be used time and time again until they become rusty. If you see any rust on your jar rings, dispose of them and use new rings. Be sure the rings and lids you choose fit the jars you have on hand. Different brands of lids and jars may not work together so it is best to stick with one brand for all your canning needs.

Headspace Measuring Tool and Air Bubble Remover

This is one of those tools that is not essential to canning but works fantastically. The tool has a small ruler on one end and a tip on the other end to help remove air bubbles. Headspace is the amount of room left from the top of the food to the top of the jar. It is essential to have the right amount of headspace to allow for the food to expand during cooking but not so much space that there is too much air in the jar, potentially giving bacteria space to grow.

Removing air bubbles from the food is also essential for preventing bacterial growth. The less air, the less chance bacteria have to grow. This tool helps you manage the air in each jar easily. However, you can always opt to use a simple ruler and a butter knife to remove air.

Jar Funnel

Using a funnel to pour the food into the jars is the cleanest way to fill your jars. It also prevents waste as you will spill less food. Many canning funnels can also act as a headspace measurer.

Magnetic Lid Grabber

Lids and metal rings are often sterilized before being placed on top of the jars by being simmered in water. The magnet on the lid grabber will pick the lids up right out of the hot water and help you place them onto the jars without ever having to touch the hot metal.

Jar Grabber

A jar grabber will help you take the jars out of the canner easily. The jars will be extremely hot after the canning process is complete and they will also be wet (meaning a simple dish towel won't help hold them!). Jar grabbers will lift the jar out of the canner, holding onto the lip under the metal ring.

Ladle

You will need a ladle or large spoon to scoop the food into the jars. A slotted spoon can be good to use as well as it can help balance the ratio of solids to liquids in each jar.

Dishtowel

When you take the jars out of the canner, you want to put them onto a dish towel rather than directly on your countertop. The extremely hot jars can damage your countertop if you are not careful, causing granite to crack or stoneware to split. You can also opt to place the hot jars on a cutting board, raising them up off the countertop as well.

Clean Paper Towels or Washcloths

After the food is scooped into the jars, the rims of the jars need to be completely wiped clean. This will help seal the jars and ensure there are no exposed food particles. Clean paper towels or terry washcloths work perfectly for this.

Distilled White Vinegar

Vinegar naturally kills bacteria—canning's number one enemy! Wiping the rim of your jars with vinegar before placing the lids on will prevent bacteria growth. Adding a splash of vinegar to your canning water will also prevent mineral deposits on your jars and keep your canner clean.

Timer

Canning is all about proper timing as jars need to be processed for a certain amount of time to ensure the safety of the food. You will need an accurate timer to help guide you.

Permanent Marker

After your canning is complete and your jars are ready to be put in your pantry, you will want to label and date each jar. You want to remember what

is in each jar and how long it will be good for. You can also use jar labels, but a regular old marker will work just fine.

Jars Sinification

Starting to can and store, therefore, requires proper cleaning and preparation of jars and lids.

Before adding food, wash the jars and lids with detergent and hot water and rinse them thoroughly as even small traces of detergent can cause the development of unpleasant flavors and change the color of the food.

Before use, lids and jars must be completely dry.

To dry them, just let them drain and then use a clean cloth or absorbent paper that does not leave textile residues or lint. It is also possible to dry them in the oven at 113° F for a few minutes.

Another way to keep the jars clean is to use the dishwasher. Preheat the jars, let them wash and dry completely. Keep the jars in the dishwasher until the food to fill in the jars is ready.

Jars and other accessories needed for canning can be sanitized by boiling them in water for about ten minutes.

To keep them sanitized, avoid taking them out of the boiling water using your hands or anything that could contaminate them again. Keep the jars, lids, tongs, and other accessories in water until you prepare the food to be transferred into the jars, especially if the food is to be packaged hot: this will not only minimize the risk of contamination but will also reduce the thermic stress on the glass.

A Step-By-Step Guide

Water Bath Canning method

The following are step-by-step instructions for canning properly with the water bath method.

1. Prepare the jars and lids previously sanitized and the food to can.
2. Fill the pot halfway with cold water, inserting the rack inside it.
3. The amount of water should be adjusted in such a way that once immersed, the jars will be submerged. In the absence of the rack, place a clean cloth on the bottom to avoid direct contact between the jars and the canning.
4. Bring the water to a boil in the canning.
5. Fill the jars with the product to be stored, making sure to press the food well with a spatula to avoid leaving air bubbles inside. Cover the food with the preserving liquid if required by the recipe, always remembering to leave at least 1/4-inch headspace between the lid and the top of the jar contents, to allow the formation of the vacuum.
6. Before immersing the jars in the water bath canner, make sure they are tightly closed and free of air bubbles.
7. Place filled jars with suitable lids in the canning tin, lowering them onto the rack using jar tongs. Make sure jars are always kept upright, as tilting can cause food to spill, allowing air to enter and spoil the contents. You can insert a cloth between the various jars to prevent them from banging together during the treatment.
8. If necessary, add more boiling water to keep 1-inch of water above the jar lids.
9. Raise the heat and put the lid on the pot.
10. Starts a timer for the entire time required by the recipe for pasteurization. Make sure the pot is always covered. It is also essential to maintain a constant boiling throughout the water bath; if the water level drops and evaporates, add more boiling water.
11. Once the cooking time has elapsed, remove the pan from the heat. Remove the jars from the pot with tongs after waiting 5-10 minutes for the water to cool and place them upside down on a towel.
12. Let the jars cool for 12-24 hours
13. Check the lids to verify the formation of the vacuum: make sure they

are concave and do not make the classic click (or that the jar seal does not rise).

14. Store the jars in a cool, dark, and dry place.

Pressure Canning Method

The precise procedure to canning with the pressure canning technique is outlined below.

1. Prepare the jars and lids previously sanitized and the food to can.
2. Fill the pressure canner with 4-5 cm of hot water.
3. Fill the jars with the product to be stored, making sure to press the food well with a spatula to avoid leaving air bubbles inside. Cover the food with the preserving liquid if required by the recipe, always remembering to leave at least 1/4-inch headspace, to allow the formation of the vacuum.
4. Before immersing the cans in the canner, make sure they are tightly closed and free of air bubbles inside.
5. Arrange the filled jars on the rack, making sure they remain upright during treatment.
6. Securely fix the lid of the pressure cooker.
7. Remove the weight from the vent port of the pressure canner.
8. Light the fire and hold it up until the steam comes out of the vent hole. Let the steam escape freely from the vent hole for 10 minutes.
9. Put the counterweight back on and let the canner pressurize for the next 3-5 minutes.
10. The timing starts when the pressure canner gauge reaches the recommended pressure value.
11. Maintain constant pressure in the container, adjusting the flame, for all the time required in the recipe. Follow the manufacturer's instructions for using the weighted pressure gauge to maintain the necessary pressure.
12. Turn off the heat, let the canner cool to depressurize it. Never force the opening, otherwise, the sudden pressure surge could cause sealing problems of the cans.
13. Remove the weight from the lid only when the pot has depressurized and wait for 10 to 20 minutes before unfastening and removing the lid completely.
14. Move the jars onto cloth using the jar clamp. While cooling, leave the

containers undisturbed for 12-24 hours at room temperature.

5. Check the lids to verify the formation of the vacuum: make sure they are concave and do not make the classic click (or that the jar seal does not rise).
6. Store the jars in a cool, dark, and dry place.

The jar lid retaining ring is required when processing products, however, it should be removed once the procedure is complete.

Save the rings to secure the lid if you are not using the entire contents of the jar the first time you open it for consumption.

Once the jar is open, store it in the refrigerator and use it within a week.

How do choose the right canning method for different foods?

When working with foods that have a high acid content, the water bath procedure is ideal.

This is the method to use if you want to can box fruit juices, sauces, tomatoes, vegetables in oil, chutneys, sauces, fruit creams, jams, jams, jellies, and various condiments.

In these preparations, the shelf life of food is guaranteed by the acidity of the food and the added ingredients, which create an unfavorable environment for microbial growth, such as vinegar, oil, sugar, or salt, as mentioned above.

The pressure canning method, on the other hand, is recommended for foods such as meat, fish, beans, some types of vegetable broth, and in general for all those foods with low acidity, for which it is not safe to use the canning method. water bath.

Storage Instructions

Canned goods can be stored in your pantry for approximately 1 year.

Alternative Canning Methods

Apart from the water bath and pressure canning, there is a number of other alternative methods for canning food. Here are the most common ones in use today:

"Boil-in-bag" method (sometimes called "bursting bag")

It relies on filling bags with food to be canned, and heating everything in a pot with water, then adding the sealed bags to hot water. The bags are filled as needed and sealed by immersing them in boiling water for about 15 minutes. The bags stand on the counter, partially filling with air and softening as they cool. If a canner is available, the bag is then put inside to finish softening (5 minutes), and sealed by heating in boiling water for 10 minutes.

Oven processing (also called "open-kettle")

This method involves processing jars of food in an oven, at low temperature, instead of traditional intensive heat of a pressure or water bath canner. The food is processed as described above and allowed to cool naturally. The lids are removed before the jars are boiled in a little water in the oven.

"Blanching"

This is a method that involves dipping food in boiling water and then immediately removing it, as if you were cooking it. The cooled food should be packed into jars and sealed to avoid spoiling.

This method is often used for citrus fruit, tofu or other firm foods that do not require long cooking periods.

"Halved, Stuffed"

This method is also known as "snap-canning", or "half-canning", and involves filling jars with half of the processed food. This method differs from regular canning in that the food and heat content is halved (or otherwise adjusted).

It can be used to can unprocessed foods that do not require sterilization. It should not be used to process large amounts of food in order to avoid the risk of spoilage.

The type of food, the amount of food to be processed, the processing times

and temperatures, and the quality of ingredients used determine how long a given jar will last. The shelf life of canned food can usually be determined by assuming that a jar has a percentage loss of up to 10%.

F.A. Qs

Can I use my Own Recipes When Canning?

Canning can be a fun and exciting process. You can change the basic recipe to suit your taste in terms of ingredients, spices or seasonings, or enhance the end product by adding a special ingredient that appeals to you. You can add fruit juices or different forms of sweeteners that enhance the taste even further. However, canned foods made from scratch with your own recipes do not have the same shelf life as recipes that are commercially produced for sale in stores.

Can I use mixed jar sizes or mixed foods in the same batch?

Jars are used to hold food during canning. A jar that is slightly smaller than the food can be used, but if it is smooshed in the process and gets damaged, it cannot be reused. Do not fill a jar more than three-quarters full. The recipe should be for that size jar, so it will fit in the canner.

How I safely can my tomato sauce with a pressure canner or water bath canning?

Tomatoes sauces are cooked during the canning process using a water bath. You can also use a pressure cooker, but it is usually used for much higher temperatures. A pressure cooker makes saucy foods that are normally cooked in a sauce or gravy. The tomato sauce is reduced by simmering the tomatoes during the water bath process or using a slow cooker during the pressure canning process to create a smooth finished product that is tasty and retains its original red color.

How long do you keep food with a pressure canner or a water bath canning?

The USDA recommends that you follow the instructions of the recipe and keep the food in your pantry for a minimum of one year. It is recommended that you check the jar on a periodic basis and release any air bubbles as they appear. If mold or bacteria appear, do not consume the food and throw it out, even if you have not opened the jar.

What if a canning jar does NOT seal?

Since canning jars are used the same way as water jugs and food storage

containers, they contain the same amount of bacteria. These bacteria may enter your food when you open the jar. Once the seal is broken, it will be a few hours before it is safe to eat.

This means if your jar does not seal perfectly, you should discard the product and start over with a new batch.

Please remember that once you open a jar, you need to refrigerate it immediately.

What foods should NOT be canned?

Do not place food in your pressure canner or water bath canning jars that have been frozen. This can cause a jar to explode, making you an orphan.

Do not use the sterilizing process for food in your pressure canner or water bath on items that contain raw meat, fish, poultry, eggs, or dairy products. Raw meat and poultry may be contaminated with bacteria such as Salmonella and E.coli. Eggs may contain Salmonella and E. coli before they are cooked.

How to avoid the proliferation of bacteria?

Keep your jars and containers clean from any dust or built-up residue. Wash them in hot, soapy water and scrub them vigorously with a brush. Using a small amount of bleach solution to wash your jars will also help kill any bacterial spores that may be present.

Chapter 4: - Vegetables and Fruits

1. Canned Kale

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Canning Time: 70 minutes

Serving: 5 pints

Ingredients:

- 10 pounds kale
- Water

Directions:

1. Chop the kale into bite-size pieces, then remove all the kale's hard stems and yellow parts.
2. Add the cleaned kale to the stockpot. Cover the kale with water.
3. Bring the water to a boil until the kale has wilted nicely.
4. Use a slotted spoon to fill the jars with kale, then add ½ tablespoon of salt in each jar. Add the cooking liquid and leave a 1-inch headspace.
5. Remove any air bubbles and add more cooking liquid if necessary.
6. Clean the rims and place the lids and rings on the jars.
7. Process the jars at 10–11 pounds of pressure for 70 minutes.

8. Switch off the heat and let the canner cool before using a jar lifer to remove the jars.
9. Let rest for 24 hours undisturbed before storing them in a cool, dry place.

Nutrition Info: Calories: 250 Fat: 8 g Fiber: 2 g Carbs: 8 g Protein: 17 g

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2.

White Potatoes

Preparation Time: 35 minutes

Cooking Time: 15 minutes

Canning Time: 35 minutes

Servings: 9-pint jars

Ingredients:

- 13 pounds potatoes
- 4 tablespoons salt
- Boiling water

Directions:

1. To prevent them from turning black, wash, peel, and submerge the potatoes in an ascorbic acid solution comprised of 1 gallon of water and 1 cup of lemon juice.
2. If you do not want whole potatoes, cut them into ½-inch cubes.
3. Drain and cook for 2 minutes in boiling salted water and drain again.
4. For whole potatoes, boil in salted water for 10 minutes and drain.
5. Fill sterilized jars with the potatoes. Cover the potatoes with fresh boiling water, leaving 1-inch headspace.
6. Process in a pressure canner for 35 minutes at 11 pounds of pressure if it has a dial gauge instead of a weighted gauge.

Nutrition Info: Calories: 270 Fat: 18 g Fiber: 1 g Carbs: 3 g Protein: 22 g

3. Canned Pumpkin

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Canning Time: 55 minutes

Serving: 20

Ingredients:

- 25 ounces chopped pumpkin
- 1 tablespoon canning salt

Directions:

1. Sterilize the jars.
2. Boil the pumpkin cubes for 2 minutes.
3. Pack the pumpkin into the pint jars.
4. Pour the hot juice that is released into the sterilized jars, leaving a half-inch of headspace.
5. Get rid of any air bubbles and clean the rims.
6. Cover the jars with the lids and apply the bands, making sure that it is tightened.
7. Process the jars for 55 minutes in a hot water canner that has been prepared.
8. Remove the jars from the canner, set them aside to cool, and then

label them.

Nutrition Info: Calories: 185 Fat: 12 g Fiber: 2 g Carbs: 4 g Protein: 11 g

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4. Eggplant Appetizer

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Serving: 1

Ingredients:

- 2 tablespoons olive oil
- 2 minced garlic cloves
- 1 cubed eggplant
- ½ cup chopped green pepper
- ½ cup chopped onion
- ¼ cup diced parsley
- 1 tablespoon sugar
- ½ teaspoons crushed oregano
- ¼ teaspoons crushed basil
- 1 teaspoon kosher salt
- ¼ teaspoons black pepper
- 1 cup canned tomato paste
- ¼ cup water
- 1 cup red wine vinegar
- 1 can mushrooms

Directions:

1. Heat the oil and the garlic in a large skillet.
2. Add the eggplant, green pepper, onion, and parsley and toss together to mix.

3. Cover and cook on low for 10 minutes.
4. In a medium skillet, stir together the sugar, oregano, basil, salt, and pepper.
5. Add the tomato paste, water, and vinegar.
6. Add the eggplant mixture to the skillet and stir in the remaining ingredients.
7. Cover and let it cook gently until the eggplant is tender.
8. Pour this into sterile jars, remove the air bubbles, and fill to a ½-inch headspace.
9. Clean the jar rims and adjusts the lids.

Nutrition Info: Calories: 185 Fat: 12 g Fiber: 2 g Carbs: 4 g Protein: 11 g

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5. Spicy Carrots

Preparation Time: 35 minutes

Cooking Time: 45 minutes

Canning Time: 10 minutes

Servings: 12-pint jars

Ingredients:

- ¼ teaspoon salt
- ¾ teaspoon allspice
- ¾ teaspoon cloves
- ¼ stick cinnamon
- ¼ piece mace
- 1 ½ teaspoon celery seed
- 2 cups cider vinegar, 5% acidity
- 1 cup sugar
- 2 pints carrots

Directions:

1. Tie the salt and the spices in a thin cloth bag.
2. Boil the vinegar, sugar, and spices for 15 minutes.
3. Sterilize a quart jar for about 15 minutes in boiling water.
4. Remove the jar from the water and pour in the vinegar mixture.
5. Adjust the lid and set it aside for 2 weeks.
6. Remove the spice bag.
7. Cook fresh carrots until tender but firm, and let cool.
8. Heat the vinegar and add ½ cup of the carrot liquid.
9. Add the carrots and simmer for 15 minutes.
10. Pack into sterilized jars, being sure the vinegar covers the carrots.
11. Remove air bubbles and adjust the lids.
12. Process 10 minutes in a boiling water bath.

Nutrition Info: Calories: 350 Fat: 8 g Fiber: 2 g Carbs: 8 g Protein: 26 g

---

6. Whole Kernel Corn

Preparation Time: 35 minutes

Cooking Time: 5 minutes

Canning Time: 55 minutes

Servings: 9-pint jars

Ingredients:

- 20 pounds corn, cut from the cob
- 9 teaspoons salt
- 10 cups water

Directions:

1. In a large pan, add water, salt, and corn and bring to a boil. Let it boil for 5 minutes.
2. Fill sterilized jars with the corn and the liquid, leaving 1-inch headspace.
3. In a pressure canner equipped with either a dial gauge or a weighted gauge, adjust the jar lids before processing the jars for 30 minutes at 10 pounds of pressure.

Nutrition Info: Calories: 340 Fat: 23 g Fiber: 2 g Carbs: 8 g Protein: 28 g

---

7. Whole Tomatoes

Preparation Time: 35 minutes

Cooking Time: 5 minutes

Canning Time: 45 minutes

Servings: 7-pint jars

Ingredients:

- 21 pounds whole tomatoes, skinned
- 4 tablespoons salt
- ¾ cup lemon juice, optional
- Boiling water

Directions:

1. Place the tomatoes and the salt in a saucepan and cover with water. Bring to a boil and cook for 5 minutes.
2. Pack sterilized jars with the tomatoes and the hot liquid, leaving a ½-inch headspace. Remove any air bubbles, clean the rim, and adjust the lids.
3. If you choose not to use lemon juice, you should process the jars in a pressure canner for 45 minutes at 10 pounds of pressure for a weighted gauge or 11 pounds for a dial gauge.

4. If using lemon juice, process the jars for 10 minutes in a boiling water bath.

Nutrition Info: Calories: 270 Fat: 18 g Fiber: 1 g Carbs: 3 g Protein: 22 g

---

8.

Glazed Sweet Carrots

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Canning Time: 30 minutes

Serving Size: 16 pints

Ingredients:

- 8 cups sugar, brown
- 10 pounds carrots
- 4 cups orange juice
- 8 cups water, filtered

Directions:

1. Wash carrots and drain them.
2. Combine orange juice, brown sugar, and water in a large-sized saucepan.
3. Heat on medium heat and stir till sugar dissolves.
4. Keep the mixture hot.
5. Place the raw carrots in the sterilized, hot jars.
6. Leave an inch of headspace.
7. Fill the jars with the hot syrup, still leaving an inch of headspace.
8. Tap the jars to remove any air bubbles.
9. Wipe jar rims and screw on the lids.
10. Process the jars in a pressure canner for 1/2 hour under 10 pounds of pressure.
11. Store in a cool, dry area.

Nutrition Info: Calories: 185 Fat: 12 g Fiber: 2 g Carbs: 4 g Protein: 11 g

---

9. Asparagus Spears

Preparation Time: 35 minutes

Cooking Time: 5 minutes

Canning Time: 30 minutes

Servings: 12-pint jars

Ingredients:

- 16 pounds asparagus spears
- 10 tablespoons salt
- Boiling water

Directions:

1. In a large pot, cover the asparagus with boiling water and add salt. Boil for 3 minutes. Fill sterilized jars loosely with the asparagus and liquid, leaving 1-inch headspace.
2. For a pressure canner with a weighted gauge, adjust the jar lids and process the jars for 30 minutes at 10 pounds of pressure; for a pressure canner with a dial gauge, process the jars at 11 pounds of pressure.

Nutrition Info: Calories: 340 Fat: 23 g, Fiber: 2 g Carbs: 8 g Protein: 28 g

10. Red Grapes

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 1 pint

Ingredients:

- 1 pound red grapes
- ¼ teaspoon cloves
- ½ vanilla bean
- 1 cinnamon stick
- 1 cup sugar
- ¼ cup water
- 1 cup apple cider vinegar
- ¼ teaspoon black peppercorns
- 1/8 teaspoon yellow mustard seed

Directions:

1. Begin by washing the grapes and removing them from the stem.
2. Remove the end that was attached to the stem, then set aside.
3. Place the vinegar, water, and sugar into a saucepan over high heat and boil.
4. Place all of the spices in the bottom of a 1-quart jar.
5. Place the grapes into the jar.
6. Pour the brine over the grapes and place the ring and lid on the jar.
7. Allow the jar to cool on the counter, then place it in the fridge to rest for 24 hours before eating.

Nutrition Info: Calories: 104 Cal Fat: 0.24 g Carbs: 27.33 g Protein: 1.09 g

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Chapter 5: - Jam, Jellies, Syrups, Sauces & Butters Recipes

11. Peach Rum Sauce

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 7 half-pints

Ingredients

- 6 cups of peeled peaches, chopped
- 2 cups of each granulated sugar & brown sugar
- 3/4 cup of rum
- 1 tsp. of lemon zest

Instructions

1. In a pan, add all ingredients to a pan. Boil on high flame, keep stirring till the sugar dissolves.
2. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
3. Let the jars boil for ten minutes.
4. Take the jars out and cool for 12 to 24 hours, and the lid should not

pop down or up. Store in a cool, dark place.

Nutrition: Kcal 323 | Protein 0.2 g | Carbs 21 g

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12. Fig Rosemary and Red Wine Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 4 half-pints

Ingredients

- 2 cups of fresh figs, chopped
- 2 tbsp. of rosemary leaves, fresh
- 1 1/2 cups of merlot
- 2 1/2 cups of sugar
- 3 tbsp. of Classic Pectin
- 2 tbsp. of lemon juice

Instructions

1. In a pan, add rosemary and wine. Simmer for few minutes, cover the pan.
2. Turn the heat off, steep for half an hour. Strain and add the rest of the ingredients, except for sugar.
3. Let it come to a boil on a high flame. Keep stirring.
4. Add sugar and stir to dissolve. Boil for 1 minute.
5. Turn the heat off.
6. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
7. Boil for ten minutes. Turn the heat off.
8. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 278 | Protein 0.6 g | Carbs 19 g

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13. Elderberry Syrup

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 2 quarts

Ingredients

- 2 1/2 cups of raw honey
- 6 cups of each fresh elderberries & water

Instructions

1. In a pot, add water and cleaned berries, let it come to a boil.
2. Turn the heat low and simmer for 1 hour, till it is reduced by half. Turn the heat off.
3. In a sieve, strain the mixture in a different pan.
4. Add honey, stir and let it simmer on low flame.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Cool completely & store in the fridge.

Nutrition: Kcal 267 | Protein 0.4 g | Carbs 19.1 g

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14. Highbush Cranberry Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 3 to 4 half-pints

Ingredients

- 2 cups of sugar
- 1 tbsp. of grated orange zest
- 1/4 tsp. of ground nutmeg
- 2 tbsp. of orange juice
- 3/4 cup of water
- 7 1/2 cups of highbush cranberries
- 3/4 tsp. ground allspice
- Half tsp. of ground cinnamon

Instructions

1. Put water and cranberries in a pan. 20 to 25 minutes of simmering with constant stirring.
2. Strain the berries to get the pulp only (6 cups).
3. Add the rest of the ingredients, cook for 30 to 40 minutes, simmering.
4. Transfer to a freezer container. Keep safe in the freezer.

Nutrition: Kcal 80 | Protein 0 g | Carbs 21 g

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15. Strawberry Peach Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 1 & half pint

Ingredients

- 5 cups of sugar
- 1 1/4 cups of peeled peaches, chopped
- 2 cups of fresh strawberries, sliced
- 1 3/4 oz. of powdered fruit pectin

Instructions

1. In a pan, add peaches, berries and pectin.
2. Boil on high heat; keep stirring.
3. Add sugar and let it come to a boil for 1 minute.
4. Turn the heat off.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Let the jars cool completely and store them in the fridge.

Nutrition: Kcal 102 | Protein 0 g | Carbs 26 g

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16. Brandied Honey-and-Spice Pears

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 20 minutes

Yield: 6 pints

Ingredients

- 4 cups of cranberry juice
- Half tsp. of cloves
- 1 ½ cups of honey
- Half cup of lemon juice
- ¼ cup of brandy
- 6 pounds of peeled firm pears, halved & cored
- 3 tbsp. of crystallized ginger, chopped
- 2 (4”) stick cinnamon

Instructions

1. Add all the ingredients to a pot (except for pears & brandy). Stir continuously as it boils. Reduce the heat.
2. Add the pear halves to the pot.

3. Add brandy. Let it come to a boil, turn the heat low.
4. Simmer for 5 minutes. Stirring as needed.
5. Take the pears into sterilized hot jars. Add the syrup, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for 20 minutes.
7. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 262| Protein 1 g | Carbs 67 g

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17. Plum Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 4 half-pints

Ingredients

- Half tbsp. of butter
- 2 2/3 cups of crushed plums
- 3 1/3 cups of granulated sugar
- 3 tbsp. of Classic Pectin

Instructions

1. In a pan, add all ingredients (except for pectin), let it come to a boil.
2. Add pectin, boil for 1 minute. Turn the heat off.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 10 minutes.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

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Nutrition: Kcal 297 | Protein 1.1 g | Carbs 20 g

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18. Raspberry Chocolate Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 half-pints

Ingredients

- 1/4 cup of lemon juice
- 4 cups of sugar
- 2/3 cup of pure cocoa powder
- 8 cups of raspberries, fresh or frozen
- 6 tbsp. of Classic Pectin

Instructions

1. In a pan, add lemon juice and raspberries.
2. Add the rest of the ingredients (except for sugar), stir well.
3. Let the mixture come to a boil on high heat.
4. Add sugar and boil on high flame for 1 minute. Turn the heat off.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for 10 minutes.
7. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 309 | Protein 2 g | Carbs 19.1 g

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19. Pomegranate Jelly

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 half-pints

Ingredients

- 5 cups of sugar
- 6 tbsp. of Classic Pectin
- 3 1/2 cups of pomegranate juice
- Half tsp. of butter

Instructions

1. In a pan, add juice and pectin.
2. Add butter and let it come to a boil while keep stirring.
3. Add sugar, stir until it dissolves. Boil for 1 minute. Turn the heat off.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil the jars for 10 minutes.
6. Cool & store the jars.

Nutrition: Kcal 300 | Protein 0.9 g | Carbs 22.2 g

20. Salted Caramel Pear Butter

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 15 minutes

Yield: 4 half-pints

Ingredients

- 2 tbsp. of lemon juice
- 4 lb. of Pears, peeled & chopped s
- 2 tsp. of kosher salt
- 1/3 cup of apple cider
- 2 1/2 cups of dark brown sugar

Instructions

1. In a crock pot, add lemon juice, chopped pears, lemon juice & apple cider.
2. Cook on high and simmer for 40 minutes. Turn the heat off.
3. Pulse with an immersion blender until pureed.
4. In a crock pot, add salt and brown sugar, turn the heat to high.
5. Simmer for half an hour until it thickens. Cook for 3 to 4 hours.
6. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
7. Process for 15 minutes.
8. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 302 | Protein 0.4 g | Carbs 19.1 g

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21. Apple Jelly

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 15 minutes

Yield: 4 half-pints

Ingredients

- 4 tbsp. of Classic Pectin
- 3 1/3 cups of granulated sugar
- 3 cups of apple juice, unsweetened
- Half tsp. of Butter

Instructions

1. In a pan, add apple juice and pectin. Mix well.
2. Add butter and the rest of the ingredients.
3. Simmer for 25 minutes.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 15 minutes cools the jars & store.

Nutrition: Kcal 310| Protein 0.5 g | Carbs 18 g

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22. Candy Apple Jelly

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 half-pints

Ingredients

- 4 1/2 cups of sugar
- Half cup of Red-Hot candy
- 4 cups of apple juice
- 1 3/4 oz. of powdered fruit pectin

Instructions

1. In a pan, add pectin, candies, and apple juice.
2. Let it come to a boil; keep stirring.
3. Add sugar and stir to dissolve. Boil for 1 minute.
4. Turn the heat off. Process the jars for 5 minutes.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 92| Protein 0 g | Carbs 24 g

23.

Pepper Jelly

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 half-pints

Ingredients

- Half cup of diced jalapeño pepper
- 2 cups of sugar
- 1 ¼ cups of cider vinegar
- 1 cup of honey
- 4 ½ cups of diced sweet peppers
- 3 tbsp. of Pectin

Instructions

1. In a pan, add peppers with vinegar. Add pectin and stir.
2. Boil the mixture on high heat, keep stirring.
3. Add honey and sugar. Boil for 3 minutes, keep stirring.
4. Turn the heat off.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for ten minutes.
7. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 276 | Protein 0.3 g | Carbs 21 g

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24. Piña Colada Jam

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 7 half-pints

Ingredients

- 1 can of (8 oz.) crushed pineapple, with liquids
- 2 packs of (3 oz. each) pineapple gelatin
- 1 tsp. of rum extract
- 6 cups of each sugar & peeled zucchini (shredded)
- 1/4 cup of lime juice

Instructions

1. In a pot, add lime juice, sugar, pineapple, lime juice & zucchini.
2. Let it come to a boil, boil for ten minutes. Keep stirring.
3. Turn the heat off, add extract & gelatin.
4. In sterilized hot jars, add the mixture, leave half-inch space from

above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

5. Boil for 10 minutes.
6. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 100 | Protein 0 g | Carbs 25 g

Green Tea Chai-Spiced Peaches

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 15 minutes

Yield: 8 quarts

Ingredients

- 1 ⅓ cups of sugar
- 1 tbsp. of loose green tea leaves
- Half cup of brown sugar, packed
- 1 piece of (3”) ginger, sliced thin
- 10 of each whole cloves, green cardamom & black peppercorns
- 14 to 15 pounds of ripe peaches
- 4 ½ cups of water
- 3” stick cinnamon

Instructions

1. Boil the peaches for 30-60 seconds transfer them to the ice-cold water.
2. Peel the peaches, cut the peaches in half.
3. In a pan, add water (4 ½ cups) and the rest of the ingredients (except for green tea & peaches). Cook until the sugar melts on medium heat. Bring it to a boil, then reduce the heat so that it simmers for 20 minutes.
4. Turn the heat off, add the green tea.
5. Cover and let it rest for five minutes.
6. In sterilized hot jars, add the peaches, pour the syrup on top. Leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

Nutrition: Kcal 69 | Protein 1 g | Carbs 17 g

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25. Fruit Shrub

Prep time: 3 days & 10 minutes

Cook time: 0 minutes

Processing time: 0 minutes

Yield: 1 pint

Ingredients

1. 1 cup of each sugar & vinegar
2. 1 cup of crushed fruit (like berries, cherries, or peaches)

Instructions

3. In a jar, add fruit and sugar, mix well. Keep in the fridge for 1 to 3 days.
4. Strain the mixture and get juice. Do not use the pulp.
5. Mix with vinegar.
6. In sterilized hot jars, add the mixture, place the lid on top.
7. Keep in the fridge for 2 weeks before serving.

Nutrition: Kcal 322 | Protein 1.9 g | Carbs 21 g

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26. Pear Jelly

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 8 half-pints

Ingredients

- 2 tbsp. of lemon juice
- 6 tbsp. of Classic Pectin
- 5 1/2 cups of sugar
- 4 cups of Pears juice (after cooking them in water & straining)
- Half tsp. of butter
-

Instructions

1. In a pan, add all ingredients except for sugar.
2. Let it come to a boil; keep stirring.
3. Add sugar and boil for 1 minute; keep stirring.
4. Add entire measure of sugar, stirring to dissolve. Turn the heat off.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process the jars for 10 minutes.
7. Take the jars out and cool for 12 to 24 hours, and the lid should not

pop down or up. Store in a cool, dark place.

Nutrition: Kcal 309 | Protein 2 g | Carbs 19 g

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27. Apricot Pineapple Jam

Prep time: 10 minutes

Cook time: 1 hour & 20 minutes

Processing time: 10 minutes

Yield: 1 & half pint

Ingredients

- 1 cup of water
- 3 cups of sugar
- 12 oz. of dried apricots
- 1 can of (20 oz.) crushed pineapple, with liquid
- Half cup of grapefruit juice
-

Instructions

1. Boil the water with apricots. Turn the heat low and simmer for 15 minutes.
2. Mash the apricots, add the rest of the ingredients.
3. Simmer for 1 hour, uncovered.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil as per altitude, cool & store in a dark place.

Nutrition: Kcal 89 | Protein 0 g | Carbs 23 g

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28. Caramel Apple Butter

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 half-pints

Ingredients

- 4 ½ pounds of tart apples, quartered
- Half tsp. of ground cinnamon
- 3 cups of apple cider
- 2 tbsp. of lemon juice
- 1 ½ cups of brown sugar, packed
- Half cup of white sugar

Instructions

1. In a pan, add apple cider & apples. Let it come to a boil, turn the heat low.
2. Simmer for 30-35 minutes.
3. Strain the mixture, discard the seeds & peels.
4. Add only 7 ½ cups of pulp to the pot.
5. Add the rest of the ingredients. Let it come to a boil, turn the heat low.
6. Cook for 1 1/2-1 ¾ hours till it thickens.
7. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
8. Process for 5 minutes.
9. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 28 | Protein 0 g | Carbs 7 g

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29. Cranberry Sauce

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 8 half-pints

Ingredients

- 1 orange’s zest
- 4 cups of each granulated sugar & water
- 8 cups of cranberries, fresh

Instructions

1. In a pan, add water and sugar. Boil on high heat for 5 minutes.
2. Add cranberries and let it boil again. Turn the heat low and simmer for 15 minutes. Keep stirring.
3. Add zest and turn the heat off.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil the jars for 15 minutes.
6. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 112 | Protein 0 g | Carbs 18.7 g

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30. Spicy Ginger Red Hot Pears

Prep time: 10 minutes

Cook time: 20 minutes

Processing time: 10 minutes

Yield: 6 pints

Ingredients

- 6 pounds of ripe firm pears
- 6 tbsp. of fresh ginger, chopped
- 4 ½ cups of water
- 12 tsp. of red cinnamon candies
- 2 cups of sugar
- 6 cinnamon sticks

Instructions

1. In a pan, add sugar and water. Stir to dissolve.
2. Add pears and let it come to a boil. Simmer for 4 minutes in low flame.
3. In each sterilized hot jar, add the rest of the ingredients equally.
4. Add pears and syrup; leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 20 minutes.
6. Cool the jars & store.

Nutrition: Kcal 122 | Protein 0 g | Carbs 32 g

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31. Peach No Sugar Jam

Prep time: 10 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 4 half-pints

Ingredients

- Half tsp. of butter
- 3 tbsp. of Pectin
- 5 cups of crushed peaches, peeled
- 2 tbsp. of lemon juice

Instructions

1. In a pan, add peaches, lemon juice and butter.
2. Stir well and let it come to a boil.
3. Add pectin and boil for 1 minute.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 10 minutes.
6. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

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Nutrition: Kcal 287 | Protein 1.35 g | Carbs 21 g

Chapter 6: - Meat and Poultry Recipes

32. Canned Ground Beef

Preparation Time: 15 Minutes

Cooking Time: 35 Minutes

Servings: 5

Ingredients:

- 2 Pounds ground beef
- 3 Cups water
- Pickling salt

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place beef in a skillet and sauté the meat for 10 minutes until browned.
3. Pack the meat loosely in the sterilized jars. Set aside.
4. In a pan, bring water to a boil and add ½ teaspoon canning salt per pint of water. Stir to dissolve the salt.
5. Pour the canning liquid over the beef and leave a 1 inch headspace.
6. Remove the air bubbles and close the lid.
7. Place the jars in the pressure canner. Place in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 392 Cal; Protein: 48.3 g; Sugar: 0 g; Fat: 20.2 g; Carbs: 0.6 g*

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33. Canned Chicken and Gravy

Preparation Time: 10 Minutes

Cooking Time: 35 Minutes

Servings: 5

Ingredients:

- 1 Cup chopped onion
- 1 Cup chopped celery
- 1 Cup diced potatoes
- 2 Pounds boneless chicken breasts
- 2 Teaspoons salt
- 2 Teaspoons poultry seasoning
- 4 Tablespoons white wine
- Enough chicken stock to fill the jars

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place all ingredients in a saucepan and allow to simmer for 10 minutes over medium high heat.
3. Put the chicken and vegetables into the jars. Pour over enough broth to cover the chicken. Leave a ½ inch headspace.
4. Remove the air bubbles and close the lid.
5. Place the jars in the pressure canner. Place in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 562 Cal; Protein: 77.7 g; Sugar: 0 g; Fat: 22.2 g; Carbs: 7.1 g*

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34. Canned Beef Stroganoff

Preparation Time: 25 Minutes

Cooking Time: 50 Minutes

Servings: 6

Ingredients:

- 1 Teaspoon black pepper
- 2 Teaspoons salt
- 2 Teaspoons thyme
- 2 Teaspoons parsley
- 4 Tablespoons Worcestershire sauce
- 2 Cloves of garlic, minced
- 1 Cup mushrooms, sliced
- 1 Cup onion, chopped
- 2 Pounds stewing beef, cut into chunks
- 4 Cups beef broth

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Add all ingredients in a pot and bring it to a boil for 5 minutes. Reduce the heat and allow it to simmer for another 20 minutes. Turn off the heat and allow to cool slightly.
3. Transfer the mixture to sterilized jars.
4. Remove the air bubbles and close the lid.
5. Place the jars in the pressure canner. Place it in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 207 Cal; Protein: 33.5 g; Fat: 6.1 g; Carbs: 5.1 g; Sugar: 1.2g*

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35. *Canned Meatballs*

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Servings: 5

Ingredients:

- 2 Pounds ground meat
- Herbs of your choice
- 2 Teaspoons salt
- Enough tomato juice to cover the meatballs

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place meat in a bowl and stir in the herbs and salt. Mix until well combined.
3. Boil enough water in a saucepan. Make balls out of the ground meat mixture and gently drop them into the boiling water. Allow to cook for 5 minutes, then strain the meatballs.

4. Gently pack the meatballs inside the sterilized jars. Pour in enough tomato juice over the meatballs. Leave an inch of headspace.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place it in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 272 Cal; Protein: 35.8 g; Sugar: 0 g; Fat: 14 g; Carbs: 0.8 g*

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36. Canned Pork

Preparation Time: 10 Minutes

Cooking Time: 40 Minutes

Servings: 5

Ingredients:

- 2 Pounds pork chops, boneless
- Canning salt
- Water

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place the pork chops in boiling water and allow it to simmer for 15 minutes. Strain the cooked pork and pack them in the sterilized jars.
3. In a pan, bring water to a boil and add ½ teaspoon canning salt per pint of water. Stir to dissolve the salt.
4. Pour pickling solution into the jar to cover the pork. Leave an inch of headspace.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place it in a pressure canner and

process for 25 minutes.

Nutrition: *Calories: 379 Cal; Protein: 46.7 g; Carbs: 0 g; Fat: 20.1g; Sugar: 0g*

---

37. Pot Roast in a Jar

Preparation Time: 20 Minutes

Cooking Time: 50 Minutes

Servings: 6

Ingredients:

- 2 Pounds stewing beef, cut into chunks
- 1 Cup chopped onions
- 2 Teaspoons dried thyme
- 2 Cloves of garlic, minced
- 2 Bay leaves
- 1 Cup beef broth
- 1 Cup dry red wine
- 2 Teaspoons salt
- 1 Teaspoon ground black pepper
- 1 Cup chopped carrots
- 1 Cup diced potatoes
- ½ Cup chopped celery

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place the beef in a pot and add in the onions, thyme, garlic, bay leaves, broth, and wine. Season with salt and black pepper. Close the lid and turn on the heat. Bring to a boil for 10 minutes and allow to simmer for 10 minutes.
3. Add in the vegetables and simmer for another 5 minutes. Turn off the heat.
4. Transfer the mixture to sterilized jars.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place it in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 234 Cal; Protein: 34.2 g; Sugar: 2 g; Fat: 6.2 g; Carbs: 9.3 g*

38. *Teriyaki Beef Jerky*

Preparation Time: 10 Minutes

Cooking Time: 4 Hours Dehydration

Servings: 2

Ingredients:

- 2 ½ to 3 lbs. Boneless beef sirloin
- Salt and pepper to taste
- ¼ Cup low-sodium soy sauce
- ¼ Cup light brown sugar, packed
- 2 Tablespoons liquid smoke
- 1 Teaspoon cider vinegar

Directions:

1. Whisk together the soy sauce, sugar, liquid smoke and cider vinegar in a mixing bowl.
2. Trim the fat from the beef and cut it into ¼ inch thick strips.
3. Season the beef with salt and pepper to taste, then add to the bowl with the marinade.

4. Toss to coat, then cover with plastic and chill for 24 hours.
5. Spread the meat slices on your dehydrator trays in a single layer.
6. Dry for 4 hours at 145 °F (63 °C) until it is dried, but still tender and chewy.
7. Cool the jerky completely, and then store it in airtight containers in a cool, dark location.

Nutrition: *Carbs: 32 g; Fat: 11 g; Protein: 24 g; Sodium: 3 mg; Calories: 298 Cal*

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39. Soy Marinated Salmon Jerky

Preparation Time: 10 Minutes

Cooking Time: 3-4 Hours Dehydration

Servings: 2

Ingredients:

- 1 lbs. Boneless salmon fillet
- Salt and pepper to taste
- ½ Cup apple cider vinegar
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon fresh lemon juice
- 2 Teaspoons paprika
- ½ Teaspoon garlic powder

Directions:

1. Freeze the salmon for about 30 minutes until it is firm.
2. Meanwhile, whisk together the apple cider vinegar, soy sauce, and lemon juice in a mixing bowl.
3. Add the paprika and garlic powder then stir well.
4. Season the salmon with salt and pepper to taste, then remove the skin.

5. Slice the salmon into ¼ inch thick strips, then place them in a bowl or glass dish.
6. Pour in the marinade, turning to coat, and then cover with plastic and chill for 12 hours.
7. Drain the salmon slices and place them on paper towels to soak up the extra liquid.
8. Spread the salmon slices on your dehydrator trays in a single layer.
9. Dry for 3 to 4 hours at 145°F (63°C) until it is dried, but still tender and chewy.
10. Cool the salmon jerky completely, then store in airtight containers in a cool, dark location.

Nutrition: *Calories: 203 Cal; Protein: 0 g; Fat: 0 g; Carbs: 27 g*

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40. Canned Chipotle Beef

Preparation Time: 15 Minutes

Cooking Time: 48 Minutes

Servings: 6

Ingredients:

- 2 Pounds beef brisket, cut into chunks
- 2 Teaspoons salt
- 8 Cloves of garlic, minced
- 2 Cups onion, chopped
- 2 Teaspoons oregano
- ½ Cup coriander
- 2 Chipotle chilies, chipped
- 4 Cups beef broth

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place the beef in a pot and season with salt. Turn on the heat and sear all sides for 3 minutes. Stir in the garlic and onion. Cook for another minute. Add in the rest of the ingredients.
3. Close the lid and allow the meat to simmer for 20 minutes on medium heat. Turn off the heat and allow the mixture to slightly cool.
4. Transfer the mixture to the jars.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 322 Cal; Protein: 22.9 g; Sugar: 1.7 g; Fat:*

22 g; Carbs: 5.4 g

41. Canned Turkey

Preparation Time: 10 Minutes

Cooking Time: 35 Minutes

Servings: 5

Ingredients:

- 2 Pounds turkey breasts, sliced into bite-sized pieces
- Canning salt
- Water

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place the turkey breasts in boiling water and allow to simmer for 10 minutes. Strain the cooked turkey and pack them in the sterilized jars.

3. In a pan, bring water to a boil and add ½ teaspoon canning salt per pint of water. Stir to dissolve the salt.
4. Pour pickling solution into the jar to cover the turkey. Leave an inch of headspace.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 285 Cal; Protein: 39.7 g; Sugar: 0 g; Fat: 12.7 g; Carbs: 0 g*

Dehydrated Candied Bacon

Preparation Time: 10 Minutes

Cooking Time: 8 Hours Dehydration

Servings: 10

Ingredients:

- 1 lb. Bacon, thinly sliced
- 2 Cups sugar
- ¾ Water
- 1Tbsp. Lemon juice

Directions:

1. Combine your sugar and water into a stock pan and place to boil for about 5minutes.
1. Add in your bacon, and set the strips on the dehydrator tray, place in the dehydrator and leave to fully dry at 135 degrees for about 10 – 12 hours.
2. Enjoy!

Nutrition: *Calories: 102 Cal; Protein: 0 g; Fat: 0 g; Carbs: 27 g*

---

42. Canned Chili

Preparation Time: 20 Minutes

Cooking Time: 1 Hour and 10 Minutes

Servings: 6

Ingredients:

- 3 Cups dry kidney beans, soaked overnight and drained
- 2 Pounds ground beef
- 1 Cup onion, chopped
- 1 Cup pepper, seeded and chopped
- 4 Cups tomatoes, chopped
- 1 Tablespoon chili pepper, seeded and chopped

Directions:

1. Sterilize the jars in a pressure canner as indicated in the general guidelines of this book. Allow the jars to cool.
2. Place the beans in a pot and boil for 30 minutes. Drain the beans.
3. In a clean pot, put the cooked beans and the rest of the ingredients. Cook for another 20 minutes.
4. Transfer the mixture into the sterilized jars. Leave an inch of headspace.
5. Remove the air bubbles and close the lid.
6. Place the jars in the pressure canner. Place in a pressure canner and process for 25 minutes.

Nutrition: *Calories: 412 Cal; Protein: 43.8 g; Carbs: 10.4g; Fat: 20.9g; Sugar: 4.1g*

Chapter 7: - Spicy & Savory Canned Recipes

43. Raspberry Mustard

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 1 pint

Ingredients

- Raspberries: 2 ¾ cups
- Red wine vinegar & water: 1 cup, each
- Mustard powder: ¼ cup
- Yellow mustard seeds: 2/3 cup
- Sugar: ¾ cup

Instructions

1. In a bowl, mix water, vinegar & mustard seeds. Mix and let it rest overnight. Add the mixture to a food processor, pulse until it thickens.
2. Add raspberries and pulse.
3. Add to a pan, boil for 5 minutes. Add mustard powder & sugar.
4. Boil for 15 minutes.

5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process the jars for 15 minutes in the water bath canner.

Nutrition: Kcal 209 | Protein 1 g | Carbs 12 g

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44. Maple Syrup Mustard

Prep time: 12 hours & 15 minutes

Cook time: 0 minutes

Processing time: 10 minutes

Yield: 1 pint

Ingredients

- Apple cider vinegar: ¾ cup
- Maple syrup: 1/4 cup
- Water: 1/3 cup
- Yellow mustard seeds: ¼ cup
- Salt: 1 tsp.
- Brown mustard seeds: ¼ cup

Instructions

1. In a bowl, add all ingredients. Mix and let it rest overnight.
2. Add the mixture to a food processor, pulse until it thickens.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

4. Process for 15 minutes.

Nutrition: Kcal 213 | Protein 0.9 g | Carbs 13 g

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45. Sun-Dried Tomato Mustard

Prep time: 12 hours & 15 minutes

Cook time: 5 minutes

Processing time: 10 minutes

Yield: 1 pint

Ingredients

- 1 cup of each apple cider vinegar & water
- 3 tbsp. of mustard powder
- 2/3 cup of yellow mustard seeds
- 1 ½ cups of sun-dried tomatoes, chopped (not packed in oil)
- 1 tsp. of each kosher salt, onion powder & garlic powder
- 1 tbsp. of dried oregano

Instructions

1. In a bowl, mix mustard seeds & vinegar. Let them rest overnight.
2. In a food processor, add all ingredients. Pulse until it thickens slightly, heat for few minutes.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

4. Process the jar for 10 minutes in the water bath canner.

Nutrition: Kcal 204 | Protein 0.5 g | Carbs 11.9 g

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46. Hot Pepper Jelly

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 1 pint

Ingredients

- 2 cups of vinegar
- ¼ cup of green hot peppers, ground with seeds
- 6 cups of sugar
- 1 cup of green bell peppers, ground without seeds
- 1 box of Sure-Jell

Instructions

1. In a pot, add vinegar, jell and peppers. Stir will.
2. Let it come to a boil; add sugar. Stir well to dissolve sugar.
3. Boil for 2 minutes.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 10 minutes.

Nutrition: Kcal 209 | Protein 0 g | Carbs 19.1 g

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47. Honey Dijon Mustard

Prep time: 15 minutes

Cook time: 45 minutes

Processing time: 15 minutes

Yield: 1 half pint

Ingredients

- 2 tsp. of minced garlic
- Half cup of each dry white wine, mustard powder & chopped onion
- 1/4 cup of each honey & apple cider vinegar
- 1 tsp. of kosher salt

Instructions

1. In a pan, add wine, onion & garlic. Let it come to a boil.
2. Simmer for 2 minutes,
3. Infuse wine with onion and garlic. Let it come to a boil, turn the heat low and simmer for 2 minutes. Turn the heat off and cool.
4. Pass through a sieve. Only use the liquids.
5. Add the rest of the ingredients to the liquid.
6. Whisk well. Heat until it thickens.
7. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
8. Process the jars for 15 minutes in the water bath canner.

Nutrition: Kcal 219 | Protein 0.8 g | Carbs 15 g

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48. Honey Mustard

Prep time: 15 minutes

Cook time: 15 minutes

Processing time: 10 minutes

Yield: 1 ½ pint

Ingredients

- 1/3 cup of water
- Half cup of each mustard powder & honey
- 3/4 cup of apple cider vinegar
- 1 1/2 tsp. of white sugar

Instructions

1. In a pot, add all ingredients and whisk well.
2. Heat until it thickens.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes in the water bath canner.

Nutrition: Kcal 254 | Protein 2 g | Carbs 19.1 g

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49. Apple, Tomato & Cucumber Chutney

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 15 minutes

Yield: 3 pint

Ingredients

- 4 cups of peeled tart green apples, diced
- 1 cup of sultanas
- 10 cups of diced tomatoes
- 3 cups of brown sugar
- 3 cups of apple cider vinegar
- 2 cups of chopped cucumber
- 1 tsp. of each ground cinnamon, minced garlic & salt
- 1 ½ cups chopped red onion & red capsicum
- 1 red chili, chopped
- 1 tbsp. of ground ginger

Instructions

1. In a pan, add all ingredients. Mix and boil for 30 to 45 minutes.

2. Let it come to a boil, turn the heat low and simmer. Pulse until it gets to a saucy consistency.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes in the water bath canner.

Nutrition: Kcal 213 | Protein 2 g | Carbs 18 g

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50. Lemon-Sage Wine Mustard

Prep time: 15 minutes

Cook time: 40 minutes

Processing time: 10 minutes

Yield: 5 half-pint

Ingredients

- 2 large lemons' zest & juice
- Chopped fresh sage: 1/3 cup + ½ cup
- 1/4 tsp. of salt
- Half cup of liquid honey
- 3/4 cup of each dry white wine & yellow mustard seeds
- 1 cup of white wine vinegar

Instructions

1. In a pan, add half a cup of chopped sage leaves with wine.
2. Let it come to a boil on medium heat; keep pressing sage leaves.
3. Turn the heat off. Cover and let it rest for 5 minutes.
4. Strain the mixture and pressing on the solids to get the juice.
5. Add mustard seeds to the liquid. Let it rest for 2 hours. Transfer to a blender with vinegar.
6. Blend until it is grainy. Add to a pan with the rest of the ingredients.
7. Let it come to a boil on high flame, keep stirring, cook until it is

reduced by 1/3.

8. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
9. Boil the jars for 10 minutes in the water bath canner.

Nutrition: Kcal 209 | Protein 0.4 g | Carbs 11 g

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51. Apple, Tomato & Onion Chutney

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 3 pint

Ingredients

- 2lb. of each granny smith apple & tomatoes
- 1 cup of diced apricots
- 1 orange’s zest
- 1 tbsp. of pickling salt
- 2 ½ cups of chopped onion
- 2 ½ cups of apple cider vinegar
- 2 cups of brown sugar
- 1 cup of golden raisins
- Half tsp. of ground cloves
- ¾ cup of currants
- 2 tsp. of each ground ginger & cinnamon

Instructions

1. In a pan, add all ingredients, let it come to a boil.
2. Simmer until it thickens.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on

top and screw the bands (do not screw too tightly).

4. Boil the jars for 15 minutes.

Nutrition: Kcal 217 | Protein 0.9 g | Carbs 11 g

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52. *English Mustard*

Prep time: 15 minutes

Cook time: 45 minutes

Processing time: 10 minutes

Yield: 14 cups

Ingredients

- 1 tsp. of each turmeric & salt
- 1/3 cup of each dry white wine, yellow mustard seeds & apple cider vinegar
- 2 tsp. of sugar
- ¼ tsp. of black pepper

Instructions

1. In a bowl, mix ingredients and soak for the night.
2. Blend in a food processor until thick.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

4. Process for 15 minutes.

Nutrition: Kcal 213 | Protein 0.99 g | Carbs 21 g

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53. Spiced Kiwi Apple Chutney

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 2 pints

Ingredients

- Chopped kiwi: 3 cups
- 3/4 cup of each sugar & cider vinegar
- 2 peeled apples, chopped
- 1/4 cup of brown sugar
- 1/4 tsp. Of each nutmeg, ground cloves, salt & cayenne pepper
- 1/3 cup of raisins
- Half tsp. Of each yellow mustard seed & cinnamon
- 2 minced cloves garlic
- 1/4 cup of red onion, chopped
- 1 tsp. Crystallized ginger, chopped

Instructions

1. In a pan, add apples, raisins, vinegar, kiwifruit, brown sugar, crystallized ginger, red onion, garlic and sugar.
2. Let it come to a boil, simmer for 25 minutes until it thickens. Stirring as needed.
3. Add salt, cinnamon, cayenne, salt, mustard seeds, nutmeg & cloves. Mix and simmer for few minutes.

4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 15 minutes in the water bath canner.

Nutrition: Kcal 234 | Protein 0.7 g | Carbs 12.8 g

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54. Hot Pepper Mustard

Prep time: 15 minutes

Cook time: 45 minutes

Processing time: 10 minutes

Yield: 14 cups

Ingredients

- 4 cups of white vinegar
- Half cup of granulated sugar
- 3 tsp. of canning salt
- 6 cups of hot peppers, chopped
- 7 tbsp. of clear jel
- 2 cups of yellow mustard
- 1 cup of water

Instructions

1. In a pot, add chopped peppers with the rest of the ingredients except for water & clear jel
2. Let it come to a boil, turn the heat low. Cook for ten minutes. Turn the heat off.
3. Add the clear jel slurry. Boil again and whisk well.
4. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for 25 minutes in the water bath.

Nutrition for 1 tbsp.: Kcal 6 | Protein 2 g | Carbs 1.2 g

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55. Cayenne Pepper Sauce

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 2 pint

Ingredients

- 1/3 cup of chopped cilantro
- 1/3 cup of minced garlic
- 3 cups of cider vinegar
- 2½ cups of water
- 4 cups of sliced onion
- 3 pounds of hot peppers
- 3 cans of (28 oz. each) diced tomatoes

Instructions

1. With a mandolin, slice the onion & peppers into rings.
2. In a pot, add all ingredients. Mix and let it come to a boil, boil for 60 minutes.
3. Turn the heat off.
4. Puree with a stick blender. Let it come to a boil. Turn the heat off.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for 15 minutes.

Nutrition: Kcal 211 | Protein 0.8 g | Carbs 12 g

56. Chili Dipping Sauce

Prep time: 15 minutes

Cook time: 25 minutes

Processing time: 10 minutes

Yield: 2 pint

Ingredients

- 1/4 to 1/2 cup of chili flakes
- 6 cups of each apple cider vinegar & sugar
- 1 tbsp. of salt
- Half cup of minced garlic

Instructions

1. In a pan, add sugar & vinegar. Simmer for 5 minutes until sugar dissolves.
2. Add salt, garlic and chili flakes. Let it come to a boil for 1 minute.
3. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Boil the jars for 15 minutes.

Nutrition: Kcal 209 | Protein 0.7 g | Carbs 12 g

Chapter 8: - Sea Foods and Fish

57. Canned Salmon

Preparation time: 20 minutes

Cook time: 0 minutes

Processing time: 100 minutes

Yield: Varies

Ingredients:

- Fresh fish
- Salt/seasonings
- Water

Directions:

1. Wash the fish well, remove scales, fins, tail & head.
2. Fillet the fish.
3. In sterilized hot jars, add the fish (skin side up), leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process the jars in the pressure canner at 11 pounds (dial) or 10 pounds (weight) for 100 minutes. Make sure to adjust for altitude. Completely drop the pressure to zero; wait for 10 minutes.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition Info: Kcal 77 Protein 21.3 g Carbs 7 g

58. Smoked Sablefish or Black Cod

Preparation time: 2 days & 20 minutes

Cook time: 4 hours

Processing time: 0 minutes

Yield: 10 servings

Ingredients:

- 1 cup of kosher salt
- Honey
- 1/4 cup of sugar
- Sweet paprika
- 2-3 pounds of sablefish fillets, with skin
- 2 tbsp. of garlic powder

Directions:

1. In a bowl, mix the garlic powder, salt & sugar.
2. Add a layer of spice mix at the bottom of the container.
3. Add the fish fillet skin side down.
4. Add the rest of the spice mix on top, rub it into the skin.
5. Cover and keep in the fridge about as many hours as the weight of the fillets.
6. Rinse the fish & pat dry. Keep in the fridge, overnight & uncovered.

7. Smoke the fish for 2-3 hours at 160 F.
8. Brush the fish with honey after every 60 minutes. Cool & debone the fish.
9. Add paprika on top. Serve chilled

Nutrition Info: Kcal 156 Protein 35 g Carbs 12 g

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59. Marinated Fish Jerky

Preparation time: 12 hours & 20 minutes

Cook time: 0 minutes

Processing time: 8-12 hours

Yield: Varies

Ingredients:

- Fresh fish, cut into pieces
- Brine water, as needed
- Mixture of salt, chili pepper, black pepper & turmeric

Directions:

1. Soak the fish in brine for half an hour.
2. Rinse & pat dry the fish.
3. Add to a container, cover the pieces with spice mixture. Make sure the fish pieces do not touch each other.
4. Keep in the fridge for 12 hours.
5. Take the fish out, brush the salt and dehydrate for 8 to 12 hours at 145 to 155 F.

Nutrition Info: Kcal - Protein - g Carbs - g

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60. Pickled Mackerel

Preparation time: 3 days & 20 minutes

Cook time: 0 minutes

Processing time: 0 minutes

servings: 8-10 Yields

Ingredients:

- 4 frozen mackerels, (thawed) halves without tail & head
- 4 to 6 slices of lemon
- 3/4 cup of cooking salt
- 2 cups of rice vinegar

Directions:

1. Rinse & pat dry.
2. Cover the fish with salt in a thin layer. Let it rest for 1.5 hours.
3. Rinse & pat dry; add to a zip lock bag with lemon slices & vinegar.
4. Keep in the fridge for 2 hours to 3 days.

5. Take the fish out and peel the skin; take the bones out as well.
6. Serve.

Nutrition Info: Kcal 165 Protein 13 g Carbs 3 g

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61. Smoked & Cured Salmon

Preparation time: 3 days & 20 minutes

Cook time: 2 minutes

Processing time: 0 minutes

Yield: 2 pounds

Ingredients:

- 2 1/2 tbsp. of kosher salt
- 2 tbsp. of light brown sugar
- 1 (2-pound) salmon fillet, center-cut
- 1 tsp. of ground coriander
- 2 tbsp. of vodka
- 1 orange's zest

Directions:

1. Smoke the salmon on high heat with desired flavored wood chips for 20 seconds, flip and smoke for 20 seconds more.
2. In a glass dish, place salmon skin side up. Mix the rest of the ingredients and rub all over the salmon.
3. Cover and keep in the fridge for 3 days, flipping each day.
4. Rinse & cut into fillets. Serve.

Nutrition Info: Kcal 321 Protein 33 g Carbs 6 g

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62. Canning Tuna

Preparation time: 2 hours & 20 minutes

Cook time: 2 minutes

Processing time: 100 minutes

Yield: varies

Ingredients:

- Tuna, raw

Directions:

1. Clean & trim the tuna.
2. Peel the skin, and debone the fish. Cut the fish to jar’s size.
3. In each pint, add 1 tsp. of canning salt, add fish and pack, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process the jars in the pressure canner at 11 pounds (dial) or 10 pounds (weight) for 100 minutes. Make sure to adjust for altitude. Completely drop the pressure to zero; wait for 10 minutes.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

Nutrition Info: Kcal -Protein - g Carbs - g

63. Preserved Brined Fish

Preparation time: 80 minutes

Cook time: 0 minutes

Processing time: 1 hour & 40 minutes

Yield: Varies

Ingredients:

- 1 cup of pickling salt
- 16 cups of water
- Fresh fish without bones

Directions:

1. Mix the salt in water. Slice the fish as per the jar's size.
2. Add the fish to the brine. Let it rest for 60 minutes in the fridge.
3. Drain well.
4. In sterilized hot jars, add the fish without liquid, leaving half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process the jars in the pressure canner at 11 pounds (dial) or 10 pounds (weight) for 1 hour & 40 minutes. Make sure to adjust for altitude. Completely drop the pressure to zero; wait for 10 minutes.
6. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition Info: Kcal - Protein - g Carbs - g

64. Dehydrating Imitation Crab

Preparation time: 20 minutes

Cook time: 0 minutes

Processing time: 6 hours

Yield: Varies

Ingredients

- Imitation crab meat, as needed

Directions:

1. Shred the meat, dehydrated at 145 F for 6 hours.

Nutrition Info: Kcal - Protein - g Carbs - g

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65. Seafood Raminara

Preparation time: 20 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 1 serving

Ingredients:

- Half pack of ramen noodles
- 1 cup of water
- ¼ cup of each dried shrimp, tomato sauce leather & dried vegetables
- 2 tbsp. of parmesan cheese

Directions:

1. In a bowl, add water with the rest of the ingredients except for cheese. Let it rest for 5 minutes.
2. Boil and cook for 1 minute. Turn the heat off, let it rest for 10 minutes.
3. Add parmesan before serving.

Nutrition Info: Kcal 231 Protein 12 g Carbs 11 g

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66. Fish Jerky (Salt cured)

Preparation time: 20 minutes

Cook time: 0 minutes

Processing time: 8-12 hours

Yield: Varies

Ingredients:

- Fresh fish, cut into pieces
- Brine water, as needed
- Salt, as needed

Directions:

1. Soak the fish in brine for half an hour.
2. Rinse & pat dry the fish.
3. Add to a container, cover the pieces with salt. Make sure the fish pieces do not touch each other.
4. Keep in the fridge for 6 hours.
5. Take the fish out, brush the salt and dehydrate for 8 to 12 hours at 145 to 155 F.

Nutrition Info: Kcal - Protein - g Carbs – g

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67. Pickling Seafood/herring

Preparation time: 20 minutes

Cook time: 0 minutes

Yield: Varies

Ingredients

- 1/4 cup of white wine
- Seafood, raw or cooked
- 1 lemon’s juice
- Half cup of vinegar
- 1 tbsp. of sugar
- Herbs & spices, as needed

Directions:

1. In sterilized hot jars, add the seafood with pickling liquid, leaving half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
2. Store in the fridge.
3. Taste after a few days

Nutrition Info: Kcal 309 Protein 2 g Carbs 19.1 g

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68. Tomato & Seafood Chowder (Dehydrated)

Preparation time: 20 minutes

Cook time: 20 minutes

Processing time: 0 minutes

Yield: 2 servings

Ingredients

- 1/4 cube of vegetable bouillon
- 1 tbsp. imitation crab meat
- 1 tsp. of fish seasoning
- 2 tbsp. of tomato sauce powder
- 1 tbsp. of dehydrated shrimp
- 1 1/4 cups of water
- 1 tbsp. dehydrated mussel, canned
- Salt and pepper, to taste

Directions:

1. In a pot, add all ingredients, stir and let it come to a boil.
2. Simmer for 5 minutes. Turn the heat off, let it rest for 5-10 minutes.

Nutrition Info: Kcal 121 Protein 13 g Carbs 3 g

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69. Smoked Sturgeon

Preparation time: 20 minutes

Cook time: 15 minutes

Processing time: 0 minutes

Yield: 3-5 pounds

Ingredients:

- 3-5 pounds of sturgeon, cut into large pieces
- 1 tsp. of mace
- 1 cup of kosher salt
- Brandy, as needed
- 1/4 cup of sugar
- 1 tbsp. of garlic powder

Directions:

1. Trim & cut the fish.

2. In a bowl, add all ingredients mix, except for brandy, and coat the fish.
3. Let it rest in a container as much as it weighs.
4. Rinse & pat dry. Brush with brandy. Keep in the fridge uncovered for 1 day.
5. Smoke for 4 hours at 160 F.
6. Store in a vacuum seal bag for up to 6 months.

Nutrition Info: Kcal 51 Protein 7 g Carbs 1 g

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70. Dehydrating Shrimp

Preparation time: 20 minutes

Cook time: 0 minutes

Processing time: 6 hours

Yield: Varies

Ingredients

- Large Shrimps, peeled (without tails) & cooked

Directions:

1. Cut the shrimps into 4-5 pieces.
2. Place on a dehydrator tray. Dehydrate at 145 F for 6 hours.

Nutrition Info: Kcal -Protein - g Carbs - g

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71. Dehydrating Tuna

Preparation time: 20 minutes

Cook time: 0 minutes

Processing time: 6 hours

Yield: Varies

Ingredients:

- White Tuna in water, as needed

Directions:

1. Drain and shred the tuna.
2. Dehydrate for 6 hours at 145 F.

Nutrition Info: Kcal - Protein - g Carbs - g

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72. Smoked Salmon Jerky

Preparation time: 12 hours & 20 minutes

Cook time: 0 minutes

Processing time: 8-12 hours

Yield: Varies

Ingredients:

- Salmon, as needed
- Mixture of ginger powder, brown sugar & garlic powder

Directions:

1. Cut the fish into small strips.
2. Place the fish in an air-tight jar and add the marinade on top for 4 to 8 hours.
3. Smoke the fish by placing skin side down with flavored wood chips for 6 to 8 hours.

Nutrition Info: Kcal - Protein - g Carbs - g

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73. Oven-Dried Fish Jerky

Preparation time: 12 hours & 20 minutes

Cook time: 0 minutes

Processing time: 8-12 hours

Yield: Varies

Ingredients:

- Fish, as needed
- Mixture of ginger powder, brown sugar & garlic powder or any desired spices

Directions:

1. Cut the fish into small strips.
2. Place the fish in an air-tight jar and add the marinade on top for 4 to 8 hours.
3. Place the marinated fish on a cookie tray, bake for 12 hours at 150-170 F. until there is no moisture left.

Nutrition Info: Kcal - Protein - g Carbs - g

Chapter 9: - Canned Soups

74. Chicken Mexican Soup Canning

Prep Time: 1 hr. 30 mins

Cook Time: 1 hr. 15 mins

Yield: 7 quarts

Ingredients:

- Boneless chicken breasts, 3 large
- Carrots, 1 1⁄2 cups
- Celery, 2 cups
- Onion chopped, 1 large
- Rotel Tomatoes, 2 (14 1/2 ounce) cans
- Kidney beans, 2 (15 ounces) cans
- Diced tomatoes, 4 cups
- Water, 6 cups
- Chicken broth, 6 cups
- Corn, 3 cups

- Ground cumin, 1 tsp.
- Canning salt, 1 tbsp.
- Garlic cloves, 3

- Chicken bouillon cubes, 3

Instructions:

1. Cook the chicken in a covered pot until it is done. You may shred the chicken or chop it into 1-inch cubes after it has cooled. Set aside.
2. Set up a pressure canner. In a saucepan of simmering water, heat the jars and lids until they are ready to use. (Do not bring to a boil.)
3. Except for the chicken, combine all the ingredients in big saucepan. Bring to boil, then reduce to low heat and cook for 3 minutes. Add the chicken and cook for 5 minutes on low heat.
4. Remove air bubbles and clean jar rims after ladling hot soup into the hot jars, leaving 1-inch headspace. Place the heated lid in the middle of the jar. Apply the band and tighten it with your fingers. In a pressure canner, place the jars.
5. Process quarts for 90 mins at 11 pounds pressure or pints for 75 mins (adjust for the altitude if needed).
6. Remove the jars and set them aside to cool. After 24 hours, check the lids for seal. When the center of the lid is squeezed, it should not bend up and down.

***Nutrition**: Calories: 371kcal, Carbohydrates: 46.4g, Protein: 28.5g, Fat: 9.4g.*

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75. Rosemary & Tomato Butternut Bean Soup

Prep Time: 1 hr. 30 mins

Cook Time: 30 mins

Yield: 6 quarts

Ingredients:

- Olive oil, ⅓ cup
- Onions, 2 medium
- Garlic, 6 cloves
- Cooked cannellini, 6 cups
- Butternut squash, 3 pounds
- Grape tomatoes, 3 cups
- Chicken broth, 3½ quarts
- Rosemary, 1 tbsp.
- Salt, 1½ tsp.
- Black pepper, ½ tsp.

Instructions:

1. Heat the oil in an 8- to 10-quart saucepan over the medium-high heat. Cook, often stirring, for 7 to 8 mins, or until golden. Cook for 1 min, stirring constantly. Combine the beans, tomatoes, squash, rosemary, broth, salt, and pepper in a large mixing bowl. Bring to a boil, then turn off the heat. Cover & cook for 5 mins.
2. Fill heated quart canning jars halfway with soup, providing a 1-inch headspace. Replace lids as well as screw bands after wiping jar rims.

3. Adjust for altitude and process full jars in a pressure canner for 75 mins at 10 pounds pressure for only a weighted-gauge canner or 11 pounds pressure for just a dial-gauge canner. Allow the pressure to naturally decrease. Remove the canner lid with care and cool the jars in the canner for 10 mins. Remove the jars from the canner and place them on a wire rack to cool. After 24 hours, check the lids for seal.
4. Place the ingredients in a jar inside a small saucepan to serve. Bring the water to a quick boil. Cover and cook for 10 mins.

***Nutrition**: Calories: 163kcal, Carbohydrates: 25g, Protein: 8g, Fat: 5g.*

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76. Turkey Soup

Prep Time: 10 mins

Cook Time: 2 hrs.

Yield: 10 serves

Ingredients:

- Diced turkey, 3 1/2 cups
- Chicken stock, 16 cups
- Slice carrots, 1 1/2 cups
- Onion, 1 cup
- Diced celery, 1 1/2 cups
- Chicken bouillon
- Salt & Pepper

Instructions:

1. In a stockpot, combine all of the ingredients and bring to a boil. Prepare the jars as well as the lids. Fill heated jars halfway with soup, allowing 1" headspace. Make sure the jars are empty of air bubbles.
2. Put the lids and rings on after wiping the rims. Tighten your finger.
3. Prepare the pressure canner according to the manufacturer's instructions. Place jars in canner and process for 75 mins at 11 pounds for pints and 90 mins for quarts in a dial gauge canner or 10 pounds in a weighted gauge canner. Maintain constant pressure the entire time.
4. Before opening the canner, make sure the pressure has returned to zero.

***Nutrition**: Calories: 260kcal, Carbohydrates: 25g, Protein: 29g, Fat: 4.8g.*

77. Canned Vegetable Soup

Prep Time: 1 hr.

Cook Time: 1 hr. 20 mins

Yield: 6 quarts

Ingredients:

- Peeled tomatoes, 4 cups
- Beef, chicken, or vegetable broth, 4½ quarts
- Peeled potatoes, 3 cups
- Whole kernel corn, 4 cups
- Sliced carrots, 2 cups
- Green beans, 2 cups
- Chopped onion, 1 cup
- Sliced celery, 2 cups
- Snipped parsley, 2 tbsp.
- Garlic, 3
- Snipped thyme, 1 tbsp.
- Snipped marjoram, 1 tbsp.
- Snipped rosemary, 1 tbsp.
- Pepper, ½ tsp.

Instructions:

1. Mix tomatoes, corn, broth, carrots, potatoes, green beans, onion, garlic, celery, parsley, thyme, marjoram, rosemary, and pepper in an 8- to 10-quart Dutch oven or kettle.

2. Bring to a boil, then turn off the heat. Cover and cook for 5 mins (vegetables will be crisp).
3. Fill hot, clean pint or quart canning jars approximately half-filled with heated veggies. Fill the container halfway with hot liquid, allowing a 1-inch headspace. Air bubbles should be removed, jar rims should be cleaned, and lids should be adjusted.
4. Process full jars in the pressure canner for 120 minutes for quarts or 60 min for pints at 10 pounds of pressure for weighted canners and 11 pounds pressure for the dial-gauge canners. Let the pressure naturally decrease.
5. Remove the jars from the canner and place them on racks to cool.

***Nutrition**: Calories: 76kcal, Carbohydrates: 16g, Protein: 3g, Fat: 1g.*

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78. Pea Soup

Prep Time: 10 mins

Cook Time: 1 hr. 15 mins

Yield: 7 pints

Ingredients:

- Enough Pea soups to fill jars

- Water

Instructions:

1. Fill your pressure canner halfway with water, place it on the stovetop, and set the heat to high. Bring the water to a low boil, then reduce to low heat (180 degrees Fahrenheit).
2. You don't need to sterilize your jars before canning pea soup, but you should wash them with hot water and soap.
3. If it isn't already heated, bring the soup to a simmering temperature of 180 °F.
4. Fill the clean jars halfway with soup, leaving 1" of headspace.
5. Remove any air bubbles using the bubble remover.
6. Clean the jar's rim with a moist paper towel.
7. Close the jar with the band finger tight and center the lid on the rim.
8. Place the jars on the rack in the canner once they've been filled and sealed.
9. Make sure the weight is off the vent before closing the canner. Increase the heat to high & keep an eye on the vent. Set the timer for 10 mins when steam starts to come out of the vent (this may take a few minutes).
10. Set the weight on the vent after 10 mins of steaming & keep an eye on the dial. Allow the pressure to rise to 11 psi before lowering the heat slightly to maintain the pressure.
11. Set the timer for 75 mins for pint jars and 90 mins for quart jars.
12. Turn off the heat and don't touch the canner once the processing time is over. Leave it alone and allow it to cool down gradually. When the pressure gauge reads 0 after a few hours, carefully open the canner and remove the cover, but leave the jars in place.
13. Allow the jars to sit in hot water for a further 10 minutes before removing them from the canner using the jar lifter. Set the jars on a kitchen towel on the counter to cool entirely overnight, undisturbed.

14. Remove the band and clean the jars after they have completely cooled. Jars can be kept in the pantry or a kitchen cabinet. The soup should last 12 to 18 months in the refrigerator.

***Nutrition**: Calories: 150kcal, Carbohydrates: 29g, Protein: 9g, Fat: 3.2g. Prep Time: 1 hr.*

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79. Tomato Soup Canning

Prep Time: 35 mins

Cook Time: 1 hr.

Yield: 8-10 quarts

Ingredients:

- Onions chopped, 6
- Celery, chopped, 1 bunch
- Fresh tomatoes, 8 quarts
- Sugar, 1 cup
- Salt, 1⁄4 cup
- Butter, 1 cup
- Flour, 1 cup

Instructions:

1. Chop the onion and celery.
2. Put them in a big pot with just enough water to prevent them from burning.
3. While this is cooking, prepare the tomatoes.
4. Add to the pot and simmer until the vegetables are soft.
5. Put everything through a Victorio strainer (or similar).
6. Return to the pot of water.
7. Add the sugar and salt.
8. To prevent lumps of flour in the juice, cream butter and flour together and thoroughly combine with two cups of COLD juice till dissolved.
9. Toss the hot tomato juice with the butter/flour combination. (Add before it's hot to prevent flour lumps!)
10. Stir everything together well.

1. Heat just till it's steaming. (If it comes to a boil, the flour may get lumpy.)
2. Turn off the burner just before it boils. (As it cools, it will thicken even more.)
3. Pour into jars and fasten with lids.
4. Return to the canner and process for 20 to 30 mins (time start when the water begins to 'roll').
5. Remove from the canner and let it cool completely before sealing (approx. 12 hours).

***Nutrition**: Calories: 529kcal, Carbohydrates: 74.4g, Protein: 9.5g, Fat: 24.8g.*

Chapter 10: - Canned Pickles

80. Pickled Cauliflower

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 15 minutes

Yield: 6 pints

Ingredients

- 3 tsp. of coriander seeds
- 1 1⁄2 tsp. each of cumin seeds, black mustard seeds & turmeric
- 6 bay leaves
- 1 red onion, sliced thin
- 6 dried árbols chili, halved
- 6 tbsp. each of sugar & kosher salt

- 2 lb. of washed cauliflower, broken into florets
- 1 carrot, peeled & cut into coins
- 3 cups of white wine vinegar

Instructions

1. In sterilized hot jars, add the spices equally.
2. Add the florets & carrots in salted water for three minutes. Drain and add onions.
3. Toss to combine, add to the jars. Leave ¾-inch space from above.
4. Add the rest of the ingredients with water (4 cups) to a pan and let it come to a boil until sugar dissolves.
5. Pour in the jars, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for 15 minutes in the water bath.
7. Cool & store.

Nutrition: Kcal 63| Protein 1 g | Carbs 11 g

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81. Texas Peach Pickles

Prep time: 1 day & 20 minutes

Cook time: 10 minutes

Processing time: 20 minutes

Yield: 6-7 pint

Ingredients

- 1 small piece of ginger, peeled
- White vinegar: 4 cups
- Organic cane sugar: 5 cups
- Lemon juice for drizzling
- Texas peeled peaches: 8 to 10 pounds, halved

Syrup

- 5 cloves, 5 allspice & 4-5 cinnamon stick

For each jar

- 1 cinnamon sticks
- 1 tbsp. each of allspice & cloves

Instructions

1. In a pot, add spices, sugar & vinegar, boil until sugar dissolves.
2. Add peaches and simmer for 3 to 5 minutes. Turn the heat off and let them rest overnight, covered.
3. In each sterilized hot jar, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 20 minutes.
5. Cool & store.

Nutrition: Kcal 217 | Protein 3 g | Carbs 3.2 g

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82. Pickled Green Strawberries

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 4 pints

Ingredients

- 3 cups of cider vinegar
- 1 1/2 cups of granulated white sugar
- 1/4 cup of kosher salt
- 1 cup of water
- 5 lb. of green strawberries, cut in half

Instructions

1. In a pot, add water, sugar and cider. Let it come to a boil until sugar dissolves.
2. In 6 bags, add strawberries with brine (4 oz.).
3. Get as much air out as possible from the bag or do the vacuum seal.
4. Keep in the fridge.

Nutrition: Kcal 102 | Protein 1 g | Carbs 3.2 g

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83. *Pickled Garlic Scapes*

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 15 minutes

Yield: 4 pints

Ingredients

- 1/4 cup of canning salt
- 2 pounds of garlic scapes, trimmed
- 4 heads dill
- 2 1/2 cups each of water & vinegar
- 1 tsp. of cayenne pepper

Instructions

1. Add water, vinegar and salt to a pot. Let it boil.
2. In sterilized hot jars, add the scapes, lengthwise with the rest of the

ingredients, equally.

3. Add the hot brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

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Nutrition: Kcal 62| Protein 2.0 g | Carbs 3.3 g

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84. Golden Crunchy Pickled Onions

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 12 pints

Ingredients

- 72 each of cloves & black peppercorns
- 2 cups of water
- 6 tsp. of turmeric
- 12 tsp. of mustard seed
- 6 tsp. of celery seed
- 8 cups of cider vinegar
- 4 cups of sugar
- Half tsp. of ground cinnamon
- 6 pounds of mild onions
- 2 tsp. of salt

Instructions

1. In each sterilized hot jar add the add half tsp. of celery seeds, 6 of each peppercorn & cloves, and mustard seeds (1 tsp.).
2. Cut the onions into ¼-inch rings and divide them into rings. Add to the hot jars.
3. Add the rest of the ingredients to a pan and let it come to a boil;

simmer for two minutes.

4. Pour the hot brine in jars, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil for 10 minutes. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 123 | Protein 2 g | Carbs 2 g

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85. Spicy Lemon Pickled Beans

Prep time: 15 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 3-4 pints

Ingredients

- Lemon rind strips, as needed
- 2 1/2 cups of apple cider vinegar
- 2 lb. Fresh green beans, trimmed
- 1 1/2 cups of water
- 1 tbsp. Each sugar, salt & pickling spice

Instructions

1. In a pan, add salt, water and sugar. Let it boil.
2. Add beans and boil for 60 seconds. Take the beans out.
3. In each hot sterilized jar, add equal pickling spice, beans and lemon rind.

4. Add hot brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil for ten minutes in the water bath canner.

Nutrition: Kcal 17 | Protein 1.9 g | Carbs 105 g

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86. Sweet & Sour Lemon Pickle

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 1 pint

Ingredients

- 6 limes' juice
- 1 peeled small piece of ginger, sliced thin
- 3.3 oz. white wine vinegar
- 7.05 oz. sugar
- 1 tsp. of red chili powder
- 2 large Meyer lemons
- 3 tsp. of sea salt

Instructions

1. Wash the lemons and slice every lemon into six pieces.
2. In a pan, add the vinegar, juice and sugar, boil until sugar dissolves.
3. Mix the ginger, chili powder and salt.
4. In each hot jar, add the lemons, add the salt mixture.
5. Pour the brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Store as it is in a cool, dark place.

Nutrition: Kcal 987 | Protein 6 g | Carbs 265 g

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87. Pickled Curry Cauliflower

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 6 pints

Ingredients for the brine

- 1 ½ tbsp. of canning salt
- 4 cups of vinegar
- 3 cups of water

For the jars

- 3 tsp. of each curry powder, cumin seed & turmeric
- 6 Serrano peppers
- Cauliflower florets: 10 cups

Instructions

1. Add all ingredients of brine in a pan and boil until sugar is dissolved.
2. In sterilized hot jars, add the cauliflower and the rest of the ingredients equally.
3. Add the brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 12 minutes in the water bath.
5. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

Nutrition: Kcal 34 | Protein 2 g | Carbs 5.3 g

88. Pickled Green Tomatoes

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 6 pints

Ingredients

- 3 1/2 cups each of water & vinegar
- 12 tsp. of Dill seeds
- 1/4 cup of canning salt
- 5 pounds of green tomatoes
- 6 garlic cloves

Instructions

1. Cut the tomatoes into the desired shape to fit into the jars.
2. In a pot, add salt, water and vinegar. Let it come to a boil.
3. In each sterilized hot jar, add the dill seeds, tomatoes and garlic cloves equally.

4. Add the brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process according to the altitude, wait 4-5 weeks before serving.

Nutrition: Kcal 44| Protein 0.9 g | Carbs 1 g

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89. Pickled Beets with Honey

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 30 minutes

Yield: 4 pints

Ingredients

- 1 1/2 cups each of water & apple cider vinegar
- 1 cinnamon stick
- 6 cloves
- 10 small beets
- 1/4 cup of honey

Instructions

1. Trim & wash the beets. Boil them until tender, drain and wash with cold water.
2. Peel the skin off.
3. In a pot, add the rest of the ingredients to a pan and let it come to a boil. Boil until sugar dissolves
4. Add beets and boil for 1 minute more.
5. In sterilized hot jars, add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Boil for half an hour. Cool & store.

Nutrition: Kcal 68| Protein 1 g | Carbs 15 g

90. Pickled Plums

Prep time: 35 minutes

Cook time: 10 minutes

Processing time: 30 minutes

Yield: 5 pints

Ingredients

- 2 red onions
- 2 cups of each water & red wine vinegar
- 4 cloves
- 2 ½ cups of sugar
- 3 ½ pounds of red plums
- Half tsp. of salt
- 2-star anise
- 2 cinnamon sticks (3”)
- 8 allspices

Instructions

1. Trim and halve the plums & onion. Cut the onions into half” slices.
2. In sterilized hot jars, add the onion and plums.
3. Add the rest of the ingredients to a pan and let it come to a boil until sugar dissolves.
4. Pour hot brine in hot jars, leave half-inch space from above. Remove any air bubbles. Wipe the jar’s rim, place the lid on top and screw

the bands (do not screw too tightly).

5. Boil the jars for 5 minutes.
6. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place

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Nutrition: Kcal 239 | Protein 1 g | Carbs 59 g

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91. Pickled Asparagus and Fiddleheads

Prep time: 15 minutes

Cook time: 10 minutes

Processing time: 20 minutes

Yield: 4 pints

Ingredients

- 4 lb. of asparagus
- 1 lb. of fiddleheads, cleaned
- 1 medium onion, sliced thin
- 8 cups of white wine vinegar
- 5 tbsp. of sugar
- 3 tsp. of pickling salt
- 3 cups of water
- 1 tbsp. each of mustard seeds & coriander seeds, black peppercorns, dried chilies & whole allspice

Instructions

1. In 4 sterilized hot jars, add the onions, asparagus and fiddleheads

equally.

2. Add the rest of the ingredients to a pan and let it come to a boil on low flame for 10 minutes.
3. Add the mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 20 minutes in the water bath.

Nutrition: Kcal 55| Protein 1 g | Carbs 3 g

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92. Spiralized Zucchini Pickles

Prep time: 30 minutes

Cook time: 10 minutes

Processing time: 30 minutes

Yield: 4 pints

Ingredients

- 2 tbsp. of kosher salt
- 3 cups of apple cider vinegar
- 1 tsp. of turmeric
- Half tsp. of red pepper flakes
- 3 pounds of zucchini, spiralized
- 2 cups of sugar
- 1 cup of water
- Half tsp. of Pickle Crisp
- 1 tbsp. of yellow mustard seeds

Instructions

1. In a bowl, toss salt with zucchini. Keep in the fridge for 3 hours.
2. Take the zucchini out on paper towels and pat dry.
3. In each sterilized hot jar, add the pickle crisp and zucchini.
4. In a pan, add the rest of the ingredients, let it come to a boil. Pour in the jars, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not

screw too tightly).

5. Process for half an hour. Take the jars out and cool for 12 to 24 hours, and the lid should not pop down or up. Store in a cool, dark place.

Nutrition: Kcal 518 | Protein 5 g | Carbs 115 g

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93. Pickled Figs

Prep time: 3 days & 20 minutes

Cook time: 10 minutes

Processing time: 15 minutes

Yield: 4 pints

Ingredients

- Half cup of baking soda
- 6 cups of sugar
- 8 cups of boiling water
- 3 tbsp. of cloves
- 12 cups of firm figs, halved
- 1 cup each of cold water & cider vinegar
- 2-3 cinnamon sticks

Instructions

1. Wash and dry figs.
2. Day 1: Toss the figs with baking soda. Add hot water on top, let it rest for 5 minutes. Drain and wash the figs.
3. In a pot, add sugar, water and vinegar. Boil on medium flame.
4. Add spices to an empty teabag. After the sugar has dissolved, add figs and spices.
5. Boil for ten minutes; keep stirring. Turn the heat off and keep it in

the fridge overnight.

6. Day 2: boil the figs again for 10 minutes in the same liquids. Turn the heat off.
7. Day 3: boil the figs again for 10 minutes in the same liquids. Add to the sterilized hot jars, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
8. Boil for 15 minutes.
9. Cool & store the jars.

Nutrition: Kcal 43| Protein 3 g | Carbs 0 g

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94. Preserved Horseradish

Prep time: 10 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 1 pint

Ingredients

- Kosher salt, as needed
- 1 trimmed horseradish root, peeled & sliced into one” chunks
- Distilled white vinegar, as needed

Ingredients

1. Add horseradish to a blender and process to shreds.
2. Add to a bowl and cover with vinegar; add salt to taste.
3. Add water (1 tbsp. or more) and adjust to your flavor.
4. Add to a clean jar, store in the fridge.

Nutrition: Kcal 27 | Protein 0 g | Carbs 2 g

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95. Cayenne-Spiced Dilly Beans

time: 15 minutes

Cook time: 10 minutes

Processing time: 10 minutes

Yield: 2-3 pints

Ingredients

- 2 ½ cups each of water & vinegar
- 4 heads of dill flower
- ¼ tsp. yellow mustard seed
- 4 cloves of garlic
- 2 pounds of green beans
- 1/8 tsp. of red pepper flakes
- ¼ cup of salt
- 12 black peppercorns

Instructions

1. In sterilized hot jars, add the beans.
2. Add water, sugar and vinegar to a pot and boil.
3. Add the rest of the ingredients equally to the jars. Add the vinegar mixture, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 10 minutes in the water bath.
5. Let it rest for a week before serving.

Nutrition: Kcal 81 | Protein 3.2 g | Carbs 1 g

96. Pickled Cactus

Prep time: 15 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 2 pints

Ingredients

- 1/8 cup of sea salt
- ¼ tsp. of turmeric
- 3 cinnamon sticks
- 1 cup of apple cider vinegar
- 1 tsp. of honey
- 6 to 8 cloves of garlic
- 4 medium cleaned cactus paddles, cut into half” strips (tossed with salt to remove moisture)
- 1 ¼ cup of white sugar
- Half tsp. of mustard seed

Instructions

1. In a pan, add all ingredients except for cactus, cinnamon & garlic
2. Let it come to a boil until sugar dissolves.
3. In each hot jar, add cactus, garlic and cinnamon. Add the brine on top.
4. Let it cool in the fridge.

Nutrition: Kcal 109 | Protein 1 g | Carbs 9 g

97. Russian Pickled Tomatoes

Prep time: 15 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 3-liter jars

Ingredients

- Dried dill, to taste
- 10 peppercorns
- 1 bay leaf
- Enough tomatoes for 3 l jar
- Cilantro, to taste
- 10 cloves garlic
- 2 cloves

Brine

- 6 tsp. Of salt
- ¾ cup of white vinegar
- 6 cups of water
- 3 tsp. Of sugar

Instructions

1. Add all the ingredients in a 3 L jar sterilized hot with tomatoes on top.

2. Add the brine’s ingredients to a pot, boil and pour on tomatoes.
3. Leave half-inch space from above. Remove any air bubbles. Wipe the jar’s rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes.

Nutrition: Kcal 81 | Protein 2 g | Carbs 9.1 g

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98. Turmeric & Mustard Seed Cucumber Pickles

Prep time: 20 minutes

Cook time: 10 minutes

Processing time: 0 minutes

Yield: 4 pints

Ingredients

- 1 cup each of white vinegar, water & apple cider vinegar
- 1 tbsp. of sugar
- Lebanese cucumbers: 35 oz., sliced into coins
- 1 onion, sliced thin
- Half tsp. of turmeric
- 3 tsp. of mustard seeds
- 2 tbsp. of salt
- 1 tsp. of mixed peppercorns

Instructions

1. Toss the cucumbers with salt and let them rest for 1 to 2 hours. Drain, but do not wash.
2. Toss the cucumbers with mustard seeds and onion.
3. In a pan, add turmeric, vinegar, water and sugar. Let it come to a boil, turn the heat low and simmer for 5 to 8 minutes.
4. Add the cucumber mixture to sterilized hot jars, add the brine on top, leave half-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Let them cool, then keep them in the fridge.

Nutrition: Kcal 61| Protein 1 g | Carbs 1 g

Conversion Charts

Conversion Charts

VOLUME CONVERSION		WEIGHT CONVERSION		TEMPERATURE CONVERSION	
US	Matric	Ounces	Grams	Fahrenheit	Celsius
1 teaspoon	5 ml	1/2	14	100^0	37^0
2 teaspoon	10 ml	3/4	21	150^0	56^0
1 tablespoon	15 ml	1	28	200^0	93^0
2 tablespoon	30 ml	11/2	43	250^0	121^0
¼cup	59 ml	2	57	300^0	150^0
1/3 cup	79 ml	21/2	71	325^0	160^0
½cup	118 ml	3	85	350^0	180^0
¾cup	177 ml	31/2	99	375^0	190^0
1 cup	237 ml	4	113	400^0	200^0
11/4 cup	296 ml	41/2	128	425^0	220^0
11/2 cup	355 ml	5	142	450^0	230^0
13/4 cup	414 ml	6	170	500^0	260^0
2 cups (1 pint)	473 ml	7	198	525^0	274^0
21/2 cups	591 ml	8	227	550^0	288^0
3 cups	255	9	255		
4 cups (1 quart)	710 ml	10	283		
1.06 quarts	1 liter	12	340		
4 quarts (1 gallon)	3.8 liter	16 (1 pound)	454		

Final Words

I trust you now fully understand canning. You gained some understanding of the fascinating world of canning from this book. You can see that it's so easy to accomplish that anyone can start doing it. You'll be astounded by the outcomes you obtain from it. With these incredible techniques, canning is also a ton of fun, and you'll enjoy the way your food tastes.

In the long run, canning and preserving may improve your food, your nutrition, and your finances, but as a novice, you should be aware that this procedure may also require your time, money, and effort because it takes time, requires effort, and has a slightly higher beginning cost. And if you are unaware of this, you can wind up being shocked and dissatisfied.